

# The British Psychological Society adopts our Boingboing definition of resilience

 [boingboing.org.uk/bps-definition-of-resilience](http://boingboing.org.uk/bps-definition-of-resilience)

20 May 2021



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Here in the Boingboing, Resilience Revolution and CRSJ community we are delighted to see that The British Psychological Society has adopted the Boingboing definition of resilience in some of their recent work, with the involvement of CRSJ members Rebecca

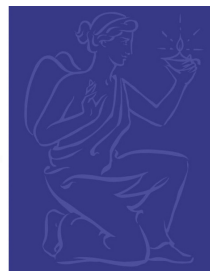
Graber and Carl Walker. This is a great development as psychological disciplines have long been criticised for focusing too heavily on the importance of individual characteristics – a critique also levelled at many definitions of resilience. Those of you familiar with the Boingboing approach will know that our definition moves away from seeing resilience as a quality of the individual, instead taking a wider systems view which sees people, communities and organisations as all central to resilience building. Furthermore, we see resilience as more than just beating the odds, but also changing the odds through systems change brought about by transformative practice, activism and employing an inequalities imagination.

Read the BPS statement below to see how the BPS is enaging with our definition of resilience.

See also:



Developing community  
resilience and social justice  
practices with, by and for  
young people in the Covid  
19 era



## **Presentation to BPS: Developing community resilience and social justice**

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## **BPS Statement**

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STATEMENT

# The importance of community action and community resilience in the response to Covid-19: What role for psychology?

## THE IMPACT OF COVID-19 ON COMMUNITIES

The Covid-19 pandemic is a global community event which has affected everyone in some way. There have been many negative impacts, including illness and loss of life, psychosocial isolation, loss of schooling, employment and financial hardship. All of these events have significant psychological effects on individuals and communities. These impacts are not, however, evenly shared within society. They have particularly affected, for example, Black and minority ethnic groups<sup>1-6</sup> and people on low incomes. Indeed Covid-19 has unveiled the racialised and classed nature of British labour, when 61 per cent of NHS staff deaths are Black and Brown people<sup>2,3</sup> and men working in elementary occupations such as factories, security and as hospital porters having the highest mortality rates<sup>7</sup>. We have to confront the reality that racism intersects with other structural factors in our society to place Black and Brown people at greater risk. Other disproportionately affected groups include older people who have experienced ageism and responses that have not upheld their rights or kept them safe<sup>1,6,8,9</sup>, women and children at risk of abuse<sup>10</sup>, the working class<sup>1,7</sup>, people living with disabilities<sup>11</sup>, young people<sup>12,13</sup>, the economically precarious and unemployed<sup>14</sup>, asylum seekers<sup>15</sup> and people affected by poverty<sup>16</sup>.

In other words, the pandemic has had the greatest negative impact on those groups who face structural disadvantage and discrimination and who have suffered unequally from a range of recent and some not so recent state policies.

## THE RELEVANCE OF PSYCHOLOGY

The pandemic has rendered visible that psychological functioning cannot be separated from the social conditions in which it takes place. Paradoxically, the pandemic has also had positive psychological impacts on some people, who have found fulfilment and purpose in participating, offering help and support to others and gaining a renewed sense of community spirit (e.g. as reported by some mutual aid group members or receivers<sup>17</sup>).

STATEMENT