



Research Article

STRESS DUE TO FLEXIBLE DEMANDS IN THE EVER-CHANGING TEMPO-DROME OF THE PRESENT. RESILIENCE AS A WAY OUT

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ABSTRACT

As soon as you take a look at the news, you realise: life around us has become uncertain and unsteady.

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INTRODUCTION

A look at our society today

As soon as you take a look at the news, you realise: life around us has become uncertain and unsteady. Systems and problems in life environments are becoming more complex. The world is globally networked to the greatest possible extent and actions and activities are becoming faster. Professor Dr Hartmut Rosa, sociologist and political scientist at the Friedrich Schiller University in Jena, examines time from a sociological perspective. He describes in "Acceleration. Die Veränderung der Zeitstrukturen in der Moderne" (Acceleration: The Change of Time Structures in Modernity), he describes manifold aspects of life time and how we deal with it.

Rosa shows how the pace of life is accelerated: On the one hand, technical progress causes an acceleration (e.g. faster forms of communication), on the other hand, it increases the number of episodes of action and/or experience per unit of time.¹

According to Rosa, technical acceleration results in an overlapping of activities. He calls this "multane execution of several activities"² and thus refers to permanent multitasking. Action and/or experience episodes per unit of time are increased by shortening action episodes. This happens either because the speed of action increases (e.g. eating faster), or because pauses are reduced and actions can thus be carried out

in a shorter time. In this way, the subjectively experienced pace of life is increased overall³

Since not all technical communication possibilities have to be time-consuming at the same time, Rosa sees the increase in the pace of life in a scarcity of time resources and believes that only if "...the increase in the 'quantity' of action exceeds the technical increase in the speed of coping, it is reflected ... *subjectively in an* increase in perceptions of time shortage, time pressure and the stressful compulsion to accelerate, as well as in the fear of 'no longer keeping up'."⁴

Rosa also refers to a *pluralism of possibilities* that forces the subject to make many decisions in a short time. Not only in *difficult situations is the* subject constantly forced to make decisions, but even the simplest things in everyday life have become more of an option of being able to decide for oneself. The possibilities of choice and differentiation are no longer limited to *central* dimensions of life and identity, such as profession, family, religion, place of residence, nationality, etc., but are also found in *peripheral* areas of life, such as clubs, forms of investment, mobile phone contracts, insurance policies, etc.⁵

In the *peripheral* areas of life, the pluralisation of *possibilities* can be transferred to the temporalisation of identity. As a result, *who* someone is can no longer be shown by models of order. In pre- and early modernity, an identity lasted over many generations (intergenerational), in classical modernity,

¹ Cf. Rosa, Hartmut: Acceleration. The Change of Time Structures in Modernity. Suhrkamp Taschenbuch Wissenschaft 1760. Suhrkamp Verlag, Frankfurt am Main 2005. p. 135

² Rosa, Hartmut: Acceleration. The Change of Time Structures in Modernity. Suhrkamp Taschenbuch Wissenschaft 1760. Suhrkamp Verlag, Frankfurt am Main 2005. p. 135

³ Cf. Rosa, Hartmut: Acceleration. The Change of Time Structures in Modernity. Suhrkamp Taschenbuch Wissenschaft 1760. Suhrkamp Verlag, Frankfurt am Main 2005. p. 135 ff.

⁴ Rosa, Hartmut: Acceleration. The Change of Time Structures in Modernity. Suhrkamp Taschenbuch Wissenschaft 1760. Suhrkamp Verlag, Frankfurt am Main 2005. p. 136

⁵ Cf. Rosa, Hartmut: Beschleunigung. op. cit. S. 362

over a lifetime (generational), now it is changed several times within a lifetime (intragenerational).⁶

"If families, professions, places of residence, political and religious beliefs and practices can, in *principle*, be changed, or change, at any time, then one is no longer a baker, a husband of Y, a Munich resident, a Conservative Catholic *per se*, but only for periods of not exactly predictable duration - one is all these things "in the moment", i.e. in a present that tends to shrink; one was something else and *will* (possibly) be someone else."⁷

This structure of time, with a view to the pace of change and the consequences for the subject, is described in philosophy with the term "temporalisation of time". It means that the duration, sequence, tempo and rhythm of actions, events and bonds are only decided by the subject himself in the course of time and thus no longer follow a predefined schedule.⁸ The result is the loss of the *normal biography*, which no longer exists in the *conventional* sense.⁹ The consequence is a flexible handling of one's own biography, which Jörg Schröder calls a "patchwork biography"¹⁰. Thus, acceleration creates a high degree of complexity for the subject, because the increase in options simultaneously decreases convergence for the subject, with an additional increase in the rates of experience per unit of time.

But the everyday life of each individual has also changed massively in the last two years. Connections between things become visible that no one knew about yesterday. The covid pandemic has flown from Wuhan in China to our quarantined living room within a few weeks. Lockdown at home. In the smallest of spaces. Endure. Each other. The other. Homeschooling. Home office. And probably quite often cabin fever and home despair. New vocabulary, new tasks and new coping strategies seem to be the demands on the individual.

If we are constantly confronted with new things before we have had a chance to reflect on the past, with a simultaneous increase in opportunities in all areas of life, we can legitimately ask ourselves whether our bodies and brains can process such permanent change at all? In other words: experiencing faster than we can consciously perceive - let alone change - stresses our biological organism. This is where we reach our performance limits and offer a broad attack surface for "being stressed" and its psychosomatic consequences. Managing and mastering completely new situations in a short time - being resilient, not letting yourself be stressed. These are the competences and skills that people will need in the future to find ways out and not let themselves be stressed.

Stress - what is it?

The term stress means "pressure" or "tension" in English. It was first derived from physics by the physician Hans Seyle in the middle of the 20th century. Physics uses the term "stress" to describe the behaviour of elementary particles under

pressure. In materials science, it stands for the tension and distortion of metals and glass.¹¹

Psychologically and medically, *stress* is a system altered by *stressors*.¹² Stressors are those factors that put the organism in a state of heightened alert (stress).¹³ Stressors are generally classified both by origin (exogenous or endogenous) and by level of perception (sensory/psychological stressors or physical, chemical and biological stressors). There can be an interaction between the different types of stressors.¹⁴

The World Health Organisation lists stress as one of the greatest health risks of the 21st century.¹⁵

With a scientific understanding of stress, interdisciplinary fields of research are highlighted that address the importance of socio-emotional stress, which has both physical and psychological consequences for health.¹⁶

Stress as a field of research includes biomedical, social-epidemiological, psychological and salutogenetic perspectives¹⁷ and thus becomes fruitful for burnout research. Not every form of stress is harmful to health, so stress as a concept needs to be specified: Basically, stress is only harmful to an individual when we are talking about negative stress - *distress*. If stress is positive, it is called *eustress*.¹⁸

Stress reactions are the consequences of distress. They cause a multitude of physiological defence mechanisms in biological systems in response to a real or only suspected threat. The stress reaction is part of a "general adaptation syndrome" described by Hans Seyle¹⁹, whereby an alarm phase is followed by an adaptation phase with restitution of the physical homeostasis. Typical of the stress response are a rapid mobilisation of high-energy substances such as glucose and free fatty acids, suppression of digestion, growth and reproduction, but also analgesia and adaptive reactions of the immune system. The interaction of these processes enables short-term peak performance of all defence systems, but can lead to states of exhaustion and chronic damage, especially to the immune system, when activated over the long term.²⁰

Family as a stressor?

Despite the societal change about parental roles within families, there still remains the double burden of combining family and work, which is mainly imposed on women. This is because every sixth mother is employed²¹ and additionally

¹¹ Cf. Burisch, Matthias: Das Burnout-Syndrom. Theory of inner exhaustion. 4th edition. Springer-Verlag GmbH Berlin, Heidelberg 2010. p. 8

¹² Cf. Rensig, Ludger *et. al.*: Mensch im Stress. Psyche, body, molecules. Spektrum Akademischer Verlag, Munich 2006. p. 3 and 6.

¹³ Cf. <http://flexikon.doccheck.com/de/Stressor>. Retrieved 23.4.2022

¹⁴ Cf. Rensig, Ludger *et. al.*: Mensch im Stress. Psyche, body, molecules. Spektrum Akademischer Verlag, Munich 2006. p. 3 and 7.

¹⁵ Cf. WHO in: Birkner, Guido and Gangl Karin: Customer Compass Stress. Current population survey: Extent, causes and effects of stress in Germany. Published by F.A.Z.-Institut für Management-, Markt und Medieninformationen GmbH on behalf of Techniker Krankenkasse. Frankfurt am Main 2009.

¹⁶ Cf. *ibid.*

¹⁷ Cf. Kaluza, Gert: Stress Management. Training manual for psychological health promotion. Springer-Verlag GmbH Berlin/Heidelberg 2004. p. 12 ff.

¹⁸ Cf. Kaluza, Gert: Stress Management. Training manual for psychological health promotion. Springer-Verlag GmbH Berlin/Heidelberg 2004. p. 12 ff.

¹⁹ Seyle, Hans: History and main features of the concept of stress. In: Stress: Theories, Studies, Measures. Ed. J. R. Nitsch. Huber-Verlag, Bern 1981. p. 163 ff

²⁰ Cf. Fries, Eva *et al.* Psychoneuroendocrinology. In: Psychosomatic Medicine. Theoretical models and clinical practice. In: Uexcuell. Ed. Adler, Rolf H., Herzog Wolfgang *et al.*, Urban und Fischer Verlag. 7th edition 2012. p. 75.

²¹ Cf. Federal Statistical Office: Living and Working in Germany. Special Issue 2: Compatibility of Family and Work. Results of the Microcensus 2005. Wiesbaden 2006.

⁶ Cf. Rosa, Hartmut: Beschleunigung. op. cit. S. 446

⁷ Rosa, Hartmut: Acceleration. op. cit. S. 238

⁸ Cf. *ibid.* p. 365

⁹ Cf. Sennett, Richard: Der flexible Mensch. The culture of the new capitalism. Berliner Taschenbuch Verlag, 6th edition 2009. p. 178

¹⁰ Cf. Schröder, Jörg: Besinnung in flexiblen Zeiten. Leibliche Perspektiven auf Postmoderne Arbeit. VS Verlag für Sozialwissenschaften, Wiesbaden 2009. p. 206

takes care of the household, childcare and - if necessary - the additional support with school children. For a Forsa survey commissioned by the magazine *Eltern*, 1,000 fathers and stepfathers between the ages of 20 and 55 were asked about the "opinions and attitudes of fathers in Germany".²²

The essential quintessence of the study is: 89% of fathers are employed full-time.²³ When asked how they manage to combine family and work, 40% answered "...keep both in a good balance"²⁴. 1% "...would like to have more time for their job"²⁵ and 15% said they felt "...they can't do justice to everyone either at work or in the family."²⁶

41% of the fathers are of the opinion that the time they spend with the children during the week is rather insufficient and 13% not at all.²⁷ The stressor that fathers often impose on themselves is thus due to their own demands. Only 4% of men do all the housework and 7% do a large part of it.²⁸ 27% participate about half, 52% a small part and 9% do (almost) nothing at all.²⁹ Especially the *newer* family forms bring additional demands. In 1996, 81.4% of underage children lived with their married parents, 4.8% in cohabiting couples and 13.8% grew up with one parent (single parent).³⁰ The numbers of divorces and single-parent families are increasing every year. In 2012, only 70.7% of underage children lived with their married parents, while 9.4% lived with cohabiting parents and 19.9% grew up as single parents.³¹ Although the number of single mothers has fallen slightly since 2019, according to the Federal Statistical Office, in 2020 there were still around 2.09 million single mothers and around 435,000 single fathers in Germany.³²

Single parents are exposed to higher psychological stress, which causes stressors per se. Excessive worry, high nervousness and sleep disturbances are among the most frequently mentioned stressors.³³ But interpersonal relationships can also be psychosocial stressors: Between life partners, between a self and its parents or in-laws, between

parents and children, between siblings or other family members.³⁴

Homeschooling and home office as stressors

Even during the Corona pandemic lockdown, homeschooling and home office did not improve the family as a stressor.

For example, according to a Forsa survey commissioned by Bepanthen-Kinderförderung, the stress level was particularly high for mothers during the lockdown of late October and early November 2020. 57% of mothers and 37% of fathers felt overwhelmed by the demands of everyday life. This included above all the triple burden of childcare, household and professional life to be reconciled at the same time.³⁵

In Germany, and especially in southern Germany, the classic role models with the father as a full-time earner and the mother as a housewife or at most working part-time, are still to be found in the majority.³⁶

But this picture is not only evident in Germany, because 18 studies from China and India with 79,664 test persons showed increased stress during the pandemic. For example, gender and worries about close relatives were examined as risk factors.

Men rated their resilience higher than women ($p < 0.001$, $d = 0.26$). This assessment was confirmed in the course of the study. For the control of the self-assessment in relation to resilience, indications of various risk factors for psychological stress could be identified (young age, female gender, own children, single parent, migration background, living alone or more than two persons in the household).³⁷

Care work and mental load in mothers

Even before Corona - as already mentioned above - it was not easy to reconcile work and family life. Without the support of a partner and other supporters (such as local grandparents), it is often de facto simply not possible otherwise due to the lack of structures regarding high-quality childcare, so that someone - and that is usually the mothers - does not have to cut back and reduce their workload.³⁸

Especially under the headings of "care work" and "mental load", the everyday situations can be presented that can result in stressors for mothers in particular.

In Germany, it is still common in many families for women to take on the so-called "care work", i.e. the caring for others, within the family. For the sake of the family, women often stay at home or work part-time, while many men continue to work full-time.³⁹ Due to unpaid extra work and low appreciation, care work can even lead to burnout. Because performance, work and appreciation for the tasks of our lives

²² Cf. forsa. Society for Social Research and Statistical Analysis. Result report of the study: Opinions and attitudes of fathers in Germany. N3376/28958 Le. Berlin 2013. <https://www.eltern.de/resource/blob/12499954/b905/label1f5e5e8e497ab96b23a560a/b/download-ergebnisbericht-vaeterumfrage-2013-pdf-data.pdf>. Retrieved 03.05.22

²³ Cf. forsa. Society for Social Research and Statistical Analysis. Results report of the study: Opinions and attitudes of fathers in Germany. op. cit. S. 16.

²⁴ Cf. forsa. Society for Social Research and Statistical Analysis. Results report of the study: Opinions and attitudes of fathers in Germany. op. cit. S. 19.

²⁵ Cf. forsa. Society for Social Research and Statistical Analysis. Results report of the study: Opinions and attitudes of fathers in Germany. op. cit. S. 19.

²⁶ Cf. forsa. Society for Social Research and Statistical Analysis. Results report of the study: Opinions and attitudes of fathers in Germany. op. cit. S. 19.

²⁷ Cf. forsa. Society for Social Research and Statistical Analysis. Results report of the study: Opinions and attitudes of fathers in Germany. op. cit. S. 12.

²⁸ Cf. forsa. Society for Social Research and Statistical Analysis. Results report of the study: Opinions and attitudes of fathers in Germany. op. cit. S. 12.

²⁹ Cf. forsa. Society for Social Research and Statistical Analysis. Results report of the study: Opinions and attitudes of fathers in Germany. op. cit. S. 20.

³⁰ Cf. Federal Statistical Office: How do children live in Germany? https://www.statistischebibliothek.de/mir/receive/DEMonografie_mods_00003555j_sessionid=9CE66CCDE5CE2ACB46BF57B069322DD1. Retrieved 02.05.22

³¹ Cf. Federal Institute for Population Research: Table: Families with minor children by family form in Germany. (1996-2018) <https://www.bib.bund.de/DE/Fakten/Fakt/L16-Familie-mit-Kindern-Lebensform-ab-1996.html> Retrieved on 22.03.22

³² Cf. Statista Research Department: Single parents in Germany by gender by 2020. 2021. <https://de.statista.com/statistik/daten/studie/318160/umfrage/alleinerziehende-in-deutschland-nach-geschlecht/>. Abgerufen on 22.03.22

³³ Cf. Seiffge-Krenke, Inge: Nach PISA: Stress in der Schule und mit den Eltern ; Bewältigungskompetenz deutscher Jugendlicher im internationalen Vergleich. After PISA: Stress at school and with parents ; coping skills. Vandenhoeck & Ruprecht Verlag. Göttingen 2006. pp. 35 and 36.

³⁴ Cf. Rensig, Ludger *et al.*: Mensch im Stress. Psyche, body, molecules. Spektrum Akademischer Verlag, 1st edition, Munich 2006. p.36.

³⁵ Cf. Bujard, Martin; Driesch, Von den, Ellen; *et al.*: Bundesinstitut für Bevölkerungsforschung: Belastungen von Kindern, Jugendlichen und Eltern in der Corona-Pandemie. https://www.bib.bund.de/Publikation/2021/pdf/Belastungen-von-Kindern-Jugendlichen-und-Eltern-in-der-Corona-Pandemie.pdf?__blob=publicationFile&v=6, p.57, Retrieved on: 24.03.2022.

³⁶ Cf. Federal Institute for Population Research: Burdens of Children, Adolescents and Parents in the Corona Pandemic. op. cit. 24.03.2022.

³⁷ See Gilan, Donya ; Röhke, Nikolaus; Psychological stress, resilience, risk and protective factors during the Sars-CoV-2 pandemic. <https://www.aerzteblatt.de/archiv/215264/Psychische-Belastungen-Resilienz-Risiko-und-protective-Faktoren-waehrend-der-SARS-CoV-2-Pandemie>, Retrieved 26.02.2022.

³⁸ Cf. Rieden, Stephanie: What Corona does to mothers. <https://www.gebo-med.de/news/detailsansicht/was-corona-mit-den-muettern-macht>. Health facilities of the district of Upper Franconia. Retrieved on: 24.03.2022

³⁹ Cf. Rieden, Stephanie: What Corona does to mothers.op. cit. Retrieved on: 24.03.2022

cannot be defined by financial aspects alone. However, this is still widespread in our capitalist social structure and is mainly carried out at the expense of women. This is exactly what then contributes to an even higher stress level: Not being allowed to feel stressed, not being taken seriously, even though one is scraping together the last reserves internally and physically.⁴⁰ Since women often take on the complete organisational work in the family in addition to care work, even if both parents work, it is often women who coordinate family life.⁴¹ This also entails a lot of unpaid and invisible extra work (Invisible Work), which is referred to in its entirety as "Mental Load".⁴² Mental Load is therefore a hidden inequality between men and women that stands in the way of equality.⁴³

"Mental load refers to the burden of the day-to-day, invisible responsibilities of organising household and family in private, coordinating and mediating in teams in a professional context, and maintaining relationships and catching everyone's needs and sensitivities in both spheres."⁴⁴

Caring is in women's blood, writes psychologist and blogger Patricia Cammarata: "As a rule, you don't have to explain to women what mental load is."⁴⁵ Cammarata has made the term mental load known in Germany. With "Out of the Mental Load Trap" she has written a standard work on the subject. She had experienced first-hand what it is like as a mother to go to sleep in the evening with endless to-do lists and wake up in the morning with a burnout. Cammarata sees mental load as a structural problem, and she attributes the dilemma mainly to the still fixed ideas that the mother and the child belong together, or that the household belongs to women.⁴⁶ She writes that men give up a close relationship with their children in favour of their careers when in doubt. At the same time, however, they can rely on the children being lovingly cared for by the women, who belong to the child 'by nature' anyway and therefore stay at home and keep the men's backs free.⁴⁷ But not so the other way round, because when women have careers, they usually really have to worry about balancing work and family. They may have men who support their career aspirations, but in very few cases does that mean that the men then really become househusbands.⁴⁸

Thus, there is an urgent need for a competence that helps mothers in particular out of the stress trap - here, a look can be taken at resilience research.

Resilience as a way out

Resilience as a term comes from the Latin *resilire* and is literally translated as to bounce back or rebound. In professional parlance, resilience means resistance.⁴⁹ The pedagogical-psychological focus is on learnable competencies, personality traits and skills that make a person strong against stressful situations. According to this, resilience: "...aims at mental health ... and at the ability to successfully cope with stress and strain in the sense of resilience."⁵⁰

Resilience is when someone copes unexpectedly well with an extremely threatening, stressful or high-risk situation.⁵¹

In capitalist societies, "extremely threatening" situations include economic deprivation (for example, the loss of a job), a low level of education of the parents, low social integration of the family and experiences of psychophysical existential threat.⁵²

As has already been shown, homeschooling and home office situations caused by the Corona pandemic are currently also part of the "extremely threatening" situations.

In science, it is assumed that resilience is not genetically determined, yet some personality traits could be identified as particularly conducive to resilience. These are:⁵³

- Emotional balance
- Less impulsive temperament
- High level of frustration tolerance
- Power
- Assertiveness
- Endurance
- Accepting situations and the negative emotions associated with them
- Wit, cheerfulness and humour
- Optimism
- Repressor type (does not process negative information or does not want to consciously acknowledge it)⁵⁴ → Thus, repressing negative emotions can be beneficial in that negative emotions are given little space and can be controlled
- To be able to enter into beneficial relationships
- Higher self-efficacy expectations
- Being able to seek support from people or institutions⁵⁵
- Serenity⁵⁶

⁴⁰ Cf. Follmann, Silvia: Not only our job but also care work can be overloaded - we must finally take this seriously. <https://editionf.com/burnout-arbeitsleben-vereinbarkeit-eltern-who/> Retrieved on: 28.03.2022.

⁴¹ Cf. Rieden, Stephanie: Burnout: What Corona does to mothers. <https://www.gebomed.de/news/detailansicht/was-corona-mit-den-muettern-macht>. Retrieved on: 24.03.2022

⁴² Cf. Mobile. The e-magazine of the Mobil health insurance company: Mental Load - the invisible mental work of women. <https://mobil-krankenkasse.de/wissen-gesundheit/magazin/01-2020/mental-load.html>, Retrieved 27.03.2022

⁴³ Cf. Mobile. The e-magazine of the Mobil health insurance company: Mental Load - the invisible mental work of women. op. cit.

⁴⁴ Mühlberger, Andrea: Why stress from care work is getting worse: <https://www.br.de/kultur/mental-load-102.html> Retrieved 24.03.22

⁴⁵ Cammarata, Patricia: Out of the Mental Load Trap. How equitable division of labour succeeds in the family. Beltz Verlag 2020. p. 14

⁴⁶ Cammarata, Patricia: Out of the Mental Load Trap. How to achieve an equitable division of labour in the family. op. cit. S. 62 ff.

⁴⁷ Cammarata, Patricia: Out of the Mental Load Trap. How to achieve an equitable division of labour in the family. op. cit. S. 105

⁴⁸ Cammarata, Patricia: Out of the Mental Load Trap. How to achieve an equitable division of labour in the family. op. cit. S. 11 ff.

⁴⁹ Cf. Antwerpes, Frank: Resilienz. <http://flexikon.doccheck.com/de/Resilienz>. Retrieved 02.05.22

⁵⁰ Richter-Kornweitz, Antje: Gleichheit und Differenz - Die Relation zwischen Resilienz, Geschlecht und Gesundheit. In: Handbook of Resilience Promotion. Ed. Zander, Margherita. VS-Verlag, Wiesbaden 2011. p. 242

⁵¹ See Wieland, Norbert: Resilienz und Resilienzförderung eine begriffliche Systematisierung. In: Handbuch Resilienzförderung. Ed. Zander, Margherita. VS-Verlag, Wiesbaden 2011. p. 185

⁵² See Wieland, Norbert: Resilienz und Resilienzförderung eine begriffliche Systematisierung. In: Handbuch Resilienzförderung. Ed. Zander, Margherita. VS-Verlag, Wiesbaden 2011. p. 185.

⁵³ Cf. Richter-Kornweitz, Antje; Werner, Emmy E.: Risiko und Resilienz von Kindern aus multiethnischen Familien. In: Handbook of Resilience Promotion. Ed. Zander, Margherita. VS-Verlag, Wiesbaden 2011. p. 245

⁵⁴ Cf. Mund, Marcus: Psyche: Is repression unhealthy? Online source: <http://www.apotheken-umschau.de/Psyche/Psyche-Ist-Verdraengen-ungesund-218579.html>. Retrieved on: 24.03.2022

⁵⁵ Cf. Berndt, Christina: Resilienz. The secret of psychological resilience. What makes us strong against stress, burnout and depression. Deutscher Taschenbuch Verlag, 6th edition. Munich 2013. p. 67 ff.

⁵⁶ Cf. Dieckmann, Jesper: Mit Resilienz das Leben meistern. The secret of psychological strength - more courage, strength and serenity. <http://www.focus.de/gesundheit/ratgeber/psychologie/gesundepsyche/tid-29430/mit->

- Problem-solving skills
- Ability to select (priorities, separating the essential from the unessential)

It cannot be said in general terms what projective factors are. It depends on individual constellations of conditions. It is generally agreed that the more protective conditions are present, the higher the probability that stress or risk factors can be successfully managed.⁵⁷

This is confirmed by a study conducted from the end of March to the beginning of April 2020 at the Giessen Institute for Differential and Biological Psychology in cooperation with the Medical School Hamburg. Around 1,000 people from the general population took part in the online survey.

It could be shown that a high level of resilience reduced the risk of developing symptoms of a mental disorder many times over. It had a similar effect if the respondents said they focused on the positive in life despite everything. "This strategy can be learned," says Aisha Munk.⁵⁸ She sees it as a way to save oneself from gloom, fatalism and hopelessness. And maybe even as a way to come out of the pandemic situation stronger.⁵⁹

Accordingly, if one understands resilience as a way out, it is about the individual's ability to do the right thing for oneself in professional, social and private situations in an appropriate, thoughtful and individual manner.⁶⁰

It is not something rigid, but can be learned to a certain extent and offers protection in the face of flexible demands in the ever-changing tempo-drome of the present.

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