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Resilience: Ability to Be Sane in an Insane Environment

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INTRODUCTION: Epimeleia and resilience are required elements in care practice, because there is in the mortality of the treated the provocation of a sense of temporariness of human life. This work analyzes the notion of temporality of the life through the losses and changes throughout life.

OBJECTIVE: To investigate human beings' ability to absorb shocks and frustrations that occur throughout life and keep homeostasis, premised on the need for epimeleia in cognitive, spiritual and social spheres to strengthen resilience.

METHOD: Interdisciplinary research in articles published in journals and works in the fields of Psychiatry, Psychology, Theology and Thanatology, as well as a literature review concerning the resolution of mourning through resilience.

RESULTS: Educational measures and care practices, highlighting the activities and actions that promote the ability to restore the holistic balance, evoke the rescue of the innate faculty of resilience in the patients.

CONCLUSION: It is important to research on the attention given to the recovery and maintenance of the resilience of those who undergo stress, live in unsafe conditions or seek the resolution of their mourning. Patients, family and caregivers are benefited by measures and practices that promote and maintain mental and psychological balance of all involved. Further research will be useful to develop the issue.

Keywords: Resilience. Emotional disorders. Epimeleia.