

## Marek Orko Vácha

### Resilience

1. *Homo sapiens sapiens* is from evolutionary perspective species “specialized for non-specialization” and during its evolution *Homo sapiens sapiens* proved extraordinary capability to adapt and survive in many different habitats, where our ancestors were confronted with many different pressures and threats. Resilience is therefore one of the hallmarks of our species.

2. Resilience, hard will, psychological stability or capacity to resist, Greek term *askésis* of first Christian monks, or even self-denial, are different names for different characteristics of people from different fields, like mountain climbers, sportsman, explorers, scientists, artists and monks from both western and eastern traditions. Even though these terms are not synonymums, however, all these terms have some common features.

There is no special education or training focused on how to attain skills of hard will or resilience in our basic and secondary schools, despite the fact, that students deservedly need to attain this ability. During our upbringing, we all need to attain the ability to overcome the obstacles, to fight against problems coming both from outside world and from inside our personalities. The aim of education is to become myself „a personality I want to be“, and „not to be a personality I do not want to be“, or by different words, to be lead during our life not by mere emotions, but by our reason supported by hard will.

3. Human being is four-dimensional, bio-psycho-social-spiritual being. According to WHO, *Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.*<sup>1</sup> There is not mentioned spiritual dimension of human being in this definition. However, spiritual dimension is the most important one, more important than the first three, and sometimes spiritual comfort of human being at the same time means physical, mental and social discomfort of the same human being. We can see it clearly in many examples of Christians martyrs, or generally in scientists, sportsman, artists etc. who sacrificed their own life for something higher than their mere physical well-being, e.g. for the better future of humankind. I argue, that education of young people to attain resilience is one of the most important task of contemporary Europe.

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<sup>1</sup> <https://www.who.int/about/who-we-are/constitution>