
Dealing with Adversity

“There is no better than adversity. Every defeat, every heartbreak, every loss, contains its own seed, its own lesson on how to improve your performance the next time.”

Malcom X

Adversity is more than just one difficulty or setback; it's a series of misfortunes that keep you from achieving your goals and finding happiness. These adversities may include social injustice and personal tragedy, like illness or loss or the loss of a financial backer or important client. These experiences can lead to hopelessness and depression. Everyone will be faced with some form of adversity during his or her lifetime, and equally everyone will deal with adversity differently. For some people, dealing with adversity is easy and simplistic. For example, Steven Schussler, the founder of Rainforest Café, lives by the motto “I’ve never had a bad day”. For others, dealing with adversity can be extremely difficult and traumatizing. There have been and will continue to be studies in finding effective ways that people can deal with adversity. Some methods of coping with adversity range from utilizing medication, to singing, to writing, to simply

taking a walk. All have shown effectiveness and promise.

Adversity can be the best teacher, quoting Albert Einstein, “adversity introduces a man to himself”, and people generally say that there is a personal gain to be found in suffering. Researchers in several different fields have discovered that people who have experienced seriously adverse events frequently report that they were positively changed by the experience (McMillen, 1998). I believe that we should be teaching children how to cope with adversity at a very young age, and we should continue to teach various coping methods throughout high school. Adversity can cripple some and plunge some into a deep depression.

I believe that growth through adversity posits a fundamental motivation toward growth as an individual. There is not a simple answer when it comes to dealing with adversity; finding what works for you is the key to overcoming adversity and eventually learning from these adverse situations.

References

McMillen, C. J. (1998, August 24). *Better for It: How People Benefit from Adversity*. Retrieved from OxfordJournals: <http://sw.oxfordjournals.org/content/44/5/455.short>

Schussler, S. (2010). *It's a Jungle in There*. New York: Sterling Publishing Co., Inc.