

Creative Resilience in Everyday Life

Proposed post-thesis adaptation | Dr. Reem Kassem | October 2026

EVERYDAY CHALLENGES, UNCERTAINTY AND CRISIS

Everyday pressures • Persistent adversity • Sudden disruption

PERSONAL ADAPTIVE CAPACITIES

Expression • emotional awareness • flexibility
Agency • problem-solving • help-seeking

Mutual
reinforcement

FAMILY, CAREGIVING AND COMMUNITY SUPPORT

Responsive relationships • trust • belonging
Shared care • access to support

PARTICIPATORY CREATIVE PRACTICE

Non-formal learning • participant choice • shared making • reflection
In person, with optional digital or hybrid support

Practice, adaptation and feedback

RECOVERY

Regain steadiness

SUSTAINABILITY

Maintain functioning and connection

GROWTH

Develop new capacities

Overlapping adaptive outcomes: not fixed stages

Vulnerability shifts with demands, resources, relationships and access to safety and services.

PROPOSED TRANSFER INTO EVERYDAY LIFE

Repeated practice → use in daily situations → reflection → increasingly established adaptive capacities

Conceptual extension requiring participatory testing. Arrows indicate proposed reciprocal relationships, not proven causal effects.

Builds on Kassem's PhD framework and Zautra & Reich's recovery, sustainability and growth outcomes.