

# **The Lived Experience of Getting Through a Difficult Time: An Indepth Look at the Concepts of Resilience and Hardiness**

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## **Abstract**

This study takes a comprehensive look at the lived experience of getting through a difficult time. Being that such a notion is relatively unexplored in the literature, the writer uses the concepts of resilience and hardiness as a grounding point for analysis and further exploration of the idea. By situating what is known within a framework marked by waves of inquiry, and lenses of reality we are taken through an exceptionally dense body of knowledge in a manner that works to shed light on, and increase our appreciation of, a complex field of study, as well as the options which can be chosen to approach it. It is through the integration of various nursing perspectives that we are left with insightful implications of how to further our capacity to engage with others as they endure individual situations of adversity.

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