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There and back again: a dynamical perspective on psychological resilience

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Propositions to accompany the dissertation

**There and back again:
a dynamical perspective on psychological resilience**

1. As distress caused by psychopathological symptoms is more critical for future outcomes than the symptoms themselves, it is essential to consider resilience factors that reduce such secondary distress (Chapter 2).
2. Dynamical interrelations between emotions contain essential information on symptom development and mitigation (Chapter 3).
3. Simple micro-level indicators of psychopathology outperform more complex ones in many respects, and therefore should always be considered first (Chapter 5).
4. Speed of recovery from perturbations, an indicator of resilience to change in complex systems, is a potentially valuable basis for a diagnostic tool for assessing psychological resilience (Chapters 4 and 5).
5. Psychological resilience may be best understood as "mental health immunity."
6. Mental health immunity cannot be disentangled from somatic immunity.
7. Societal factors are critical in facilitating individual resilience and therefore need to be considered much more than is done now.
8. Как ни гнети дерево, оно все вверх растёт (No matter how you bend the tree, it keeps growing sunwards). *Russian proverb*.
9. "...no matter how far your journey may take you, you stand where you stand by virtue of the road you walked to get there. For in times of hardship, when you fear you cannot go on... The joy you have known, the pain you have felt, the prayers you have whispered and answered—they shall ever be your strength and your comfort" (Final Fantasy XIV, Natsuko Ishikawa); the PhD journey is not unlike the character's journey in the game.

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