

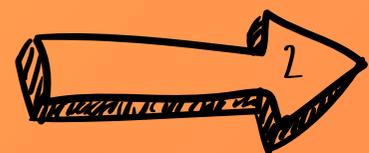
***The
Pervasive
Demand for
Human
Resilience***



The pervasive demand for human resilience can be seen as yet another tool of systemic oppression, cleverly disguised as a virtue.

This relentless push insists that individuals must constantly adapt to and endure ever-increasing levels of stress and adversity, without questioning the underlying causes of their suffering.

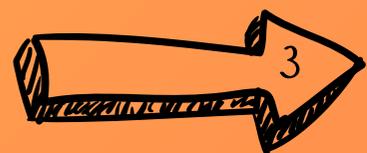
It places the burden of survival solely on the shoulders of individuals, effectively absolving oppressive systems and structures from accountability.



This insistence on resilience serves to pathologize natural responses to a hostile environment.

By valorising resilience, society implicitly blames individuals for their struggles, implying that those who cannot withstand the pressures are somehow deficient.

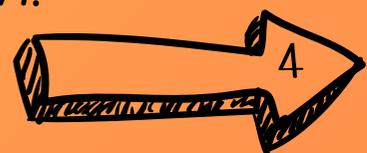
This perspective ignores the structural and systemic factors that create the conditions requiring such resilience in the first place.



If we focus on historical and social contexts, we might notice that the glorification of resilience is a form of social control. It perpetuates the status quo by conditioning people to accept hardship as an inevitable part of life.

Instead of nurturing collective resistance and systemic change, this narrative encourages people to internalize their struggles, turning resilience into a means of compliance.

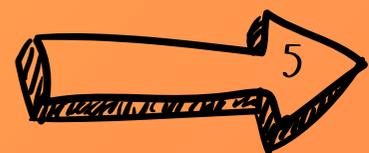
Moreover, the emphasis on resilience often overlooks the fact that constant adaptation to stress can have detrimental effects on mental and physical health.



It romanticises the idea of the human spirit's indomitable will, while ignoring the very real toll that continuous stress and trauma takes on individuals.

This narrative can lead to burnout, depression, and a sense of isolation, as people feel pressured to endure silently rather than seek support or advocate for change.

The fetishization of resilience is not a benign call to personal strength, but a sophisticated mechanism of control.



It shifts the focus from systemic change to individual endurance, subtly reinforcing existing power dynamics.

True progress lies not in demanding endless resilience from individuals, but in addressing and dismantling the structures that necessitate such resilience in the first place.

**- BEE NEURODIVERGENT BUZZ,
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