

## **In od c ion**

Psychological resilience, the capacity to navigate and recover from adversity, is a crucial concept in mental health research and intervention. It is o en associated with individuals or communities that demonstrate the ability to cope with stress, trauma, and challenging life circumstances. However, much of the research on resilience has focused on Western

in Indigenous communities often transcends individual struggles, helping to create a supportive environment for those facing mental health challenges [4]. The breakdown of social support networks, due to migration, urbanization, or external pressures, can lead to isolation and exacerbate mental health problems. Thus, maintaining strong community ties and fostering supportive environments is essential for sustaining resilience in remote Indigenous communities.

### **Spirituality and Connection to the Land**

Spirituality is another key component of psychological resilience in Indigenous communities. Many Indigenous cultures view mental health as closely intertwined with spiritual well-being, with healing practices rooted in spiritual traditions and a deep connection to the natural world. The land holds significant cultural, spiritual, and emotional value, serving as a source of strength, identity, and healing. For many Indigenous peoples, the relationship with the land is central

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