

LEARNING RESILIENCE FROM RESURRECTION PLANTS – A BOTANICAL, LITERARY AND PSYCHOLOGICAL APPROACH TO POEMS FROM AMERICAN, AUSTRALIAN AND GERMAN LITERATURE

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Abstract

The concept of resilience is constantly making the headlines with regard to every aspect of life spanning from the environmental and economic areas to the fundamentally social and personal spheres of our existence. It becomes even more striking when it is represented by plants, the Resurrection plants, and becomes the core muse for poetry – the public artistic manifestation of the inner workings of the hearts and minds of people pondering on relationships and life issues. The present study aims at pinpointing the essential traits of these plants from the botanical perspective, reflected in several American, Australian and German poems and echoing in the much desired emotional intelligence competences that people need to acquire nowadays. The conclusion that can be drawn is that the environment plays a crucial role both in ensuring the survival conditions of plants and humans as well as in facilitating the acquisition of essential adaptive mechanisms and the mastery of resilience which culminates in the preservation of life and hope.

Keywords: Resurrection plants, plant poems, resilience, adaptive mechanisms, emotional intelligence competences