

WKBW - TV Buffalo, New York

[Print this article](#)

Some Adversity Can Make Us Stronger

Originally printed at <http://www.wkbw.com/lifestyle/Some-Adversity-Can-Make-Us-Stronger-105081709.html>

By WKBW Programming
October 15, 2010

(WKBW/UB) We've all heard of the phrase, "whatever doesn't kill us makes us stronger", but now there's scientific evidence to support it.

A new national study shows that adverse experiences do, in fact, foster a more adaptable and resilient mental health and well being.

Researchers, that included a doctor here at the University at Buffalo, found that those exposed to some adverse events reported better mental health and well-being outcomes than people with a high history of adversity, or those with no history of adversity.