**Difference between resistance and resilience-**

**Resistance** is the ability for an **ecosystem** to remain unchanged when being subjected to a disturbance or disturbances. **Resilience** is the ability and rate of an **ecosystem** to recover from a disturbance and return to its pre-disturbed state.

Ecological **resilience** refers to the ability of an **ecosystem** to maintain key functions and processes in the face of stresses or pressures, by resisting and then adapting to change. ref **Resilient ecosystems** are characterized as adaptable, flexible, and able to deal with change and uncertainty

**Resilience** is the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress — such as family and relationship problems, serious health problems or workplace and financial stressors. It **means** "bouncing back" from difficult experiences.

## [**What is resistance and resilience?**](https://everythingwhat.com/open-detail/178365A4)

Ecologists in general are familiar with the concepts of **resistance and resilience**. Communities that are **resistant** are minimally impacted by a disturbance, whereas those that are **resilient** recover quickly after a disturbance.

**Resistance** is the opposition that a substance offers to the flow of electric current. When an electric current of one ampere passes through a component across which a potential difference (voltage) of one volt exists, then the **resistance** of that component is one ohm.

## [**What are some examples of environmental resistance?**](https://everythingwhat.com/open-detail/178365A6)

**Environmental resistance** factors are things that limit **the** growth of a population. They include biotic factors - like predators, disease, competition, **and** lack of food - as well as abiotic factors - like fire, flood, **and** drought. **The** biotic potential of a population is how well a species is able to survive.