

# 1 Understanding and applying biological resilience, from genes 2 to ecosystems

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## 4 Authors and affiliations:

5 \* corresponding author ([rose.thorogood@helsinki.fi](mailto:rose.thorogood@helsinki.fi))

6 § equal contribution

7 All other authors listed alphabetically

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9 Rose Thorogood\*<sup>§1,2,3</sup>, Ville Mustonen<sup>§2,4,5,6</sup>, Alexandre Aleixo<sup>7</sup>, Pedro J. Aphalo<sup>2</sup>, Fred O. Asiegbu<sup>8</sup>, Mar  
10 Cabeza<sup>2,3</sup>, Johannes Cairns<sup>2,4</sup>, Ulrika Candolin<sup>2</sup>, Pedro Cardoso<sup>7</sup>, Jussi T. Eronen<sup>3,9,10</sup>, Maria Hällfors<sup>2,11</sup>, Iiris  
11 Hovatta<sup>12,13,14</sup>, Aino Juslén<sup>7</sup>, Andriy Kovalchuk<sup>8,15</sup>, Jonna Kulmuni<sup>2</sup>, Liisa Kuula<sup>11</sup>, Raisa Mäkipää<sup>16</sup>, Otso  
12 Ovaskainen<sup>2,17</sup>, Anu-Katriina Pesonen<sup>12</sup>, Craig R. Primmer<sup>2,6</sup>, Marjo Saastamoinen<sup>1,2,11</sup>, Alan H. Schulman<sup>6,16</sup>,  
13 Leif Schulman<sup>7</sup>, Giovanni Strona<sup>2,11</sup>, Jarno Vanhatalo<sup>2,11,18</sup>

14

- 15 1. HiLIFE Helsinki Institute of Life Science, University of Helsinki, Helsinki, Finland
- 16 2. Research Programme in Organismal & Evolutionary Biology, Faculty of Biological and Environmental  
17 Sciences, University of Helsinki, Helsinki, Finland
- 18 3. HELSUS Helsinki Institute of Sustainability Science, University of Helsinki, Helsinki, Finland
- 19 4. Department of Computer Science, Faculty of Science, University of Helsinki, Helsinki, Finland
- 20 5. Helsinki Institute for Information Technology, University of Helsinki, Helsinki, Finland
- 21 6. Institute of Biotechnology, HiLIFE Helsinki Institute for Life Science, University of Helsinki, Helsinki,  
22 Finland
- 23 7. Finnish Museum of Natural History 'Luomus', University of Helsinki, Helsinki, Finland
- 24 8. Department of Forest Sciences, Faculty of Agriculture and Forestry, University of Helsinki, Helsinki,  
25 Finland
- 26 9. Research Programme in Ecosystems and Environment, Faculty of Biological and Environmental  
27 Sciences, University of Helsinki, Helsinki, Finland

- 28 10. BIOS Research Unit, Helsinki, Finland
- 29 11. Research Centre for Ecological Change, Faculty of Biological and Environmental Sciences, University of  
30 Helsinki, Finland
- 31 12. SleepWell Research Program, Faculty of Medicine, University of Helsinki, Helsinki, Finland
- 32 13. Department of Psychology and Logopedics, Faculty of Medicine, University of Helsinki, Helsinki, Finland
- 33 14. Neuroscience Center, HiLIFE Helsinki Institute for Life Science, University of Helsinki, Finland
- 34 15. VTT Technical Research Centre of Finland Ltd, Espoo, Finland
- 35 16. Natural Resources Institute Finland (Luke), Helsinki, Finland
- 36 17. Centre for Biodiversity Dynamics, Department of Biology, Norwegian University of Science and  
37 Technology, Trondheim, Norway
- 38 18. Department of Mathematics and Statistics, Faculty of Science, University of Helsinki, Helsinki, Finland
- 39

40 **ABSTRACT**

41 Ecosystems are under unprecedented and accelerating pressures. Much work on understanding resilience  
42 to these pressures has, so far, focussed on the ecosystem. However, understanding a system's behaviour  
43 also requires knowledge of its component parts and their interactions. Here we present a framework for  
44 understanding 'biological resilience', or the mechanisms that enable components across biological levels,  
45 from genes to communities, to resist or recover from perturbations. Although ecologists and evolutionary  
46 biologists have the tool-box to examine form and function, efforts to integrate this knowledge across  
47 biological levels and take advantage of big ecological and genomic data are only just beginning. We argue  
48 that combining eco-evolutionary knowledge with ecosystem-level concepts of resilience can provide the  
49 mechanistic basis necessary to improve management of human, natural and agricultural ecosystems for  
50 better resilience.

51

52 **MAIN TEXT**

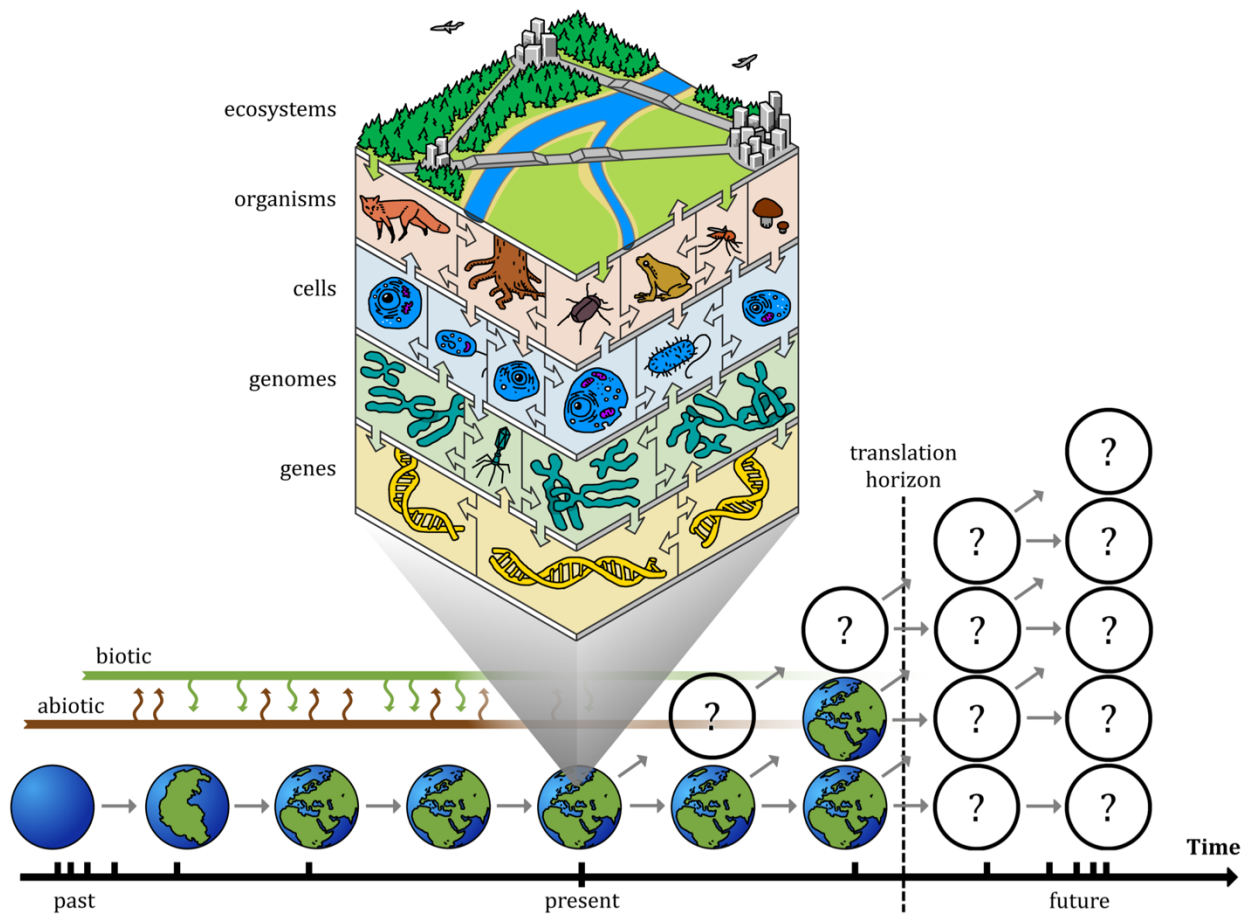
53 The Anthropocene is characterised by the pervasive impact of human activity on all aspects of life on earth<sup>1</sup>.  
54 Human-driven climate change and overexploitation of natural resources, as well as increasing human  
55 population densities and urbanisation, are placing progressively larger land areas and oceans under human  
56 influence<sup>2</sup>. Even the world's topology has changed, as global movement of individuals and goods erodes  
57 biogeographical barriers<sup>3</sup>. These changes put ecosystems under unprecedented and accelerating pressures,  
58 inducing regime shifts<sup>4</sup>, causing loss of ecosystem services<sup>5</sup>, and even changing the course of evolution<sup>6</sup>.  
59 There is therefore an urgent need to better understand why some species, communities or ecosystems  
60 decay while others persist or adapt, and whether damage can be reversed or, at least, mitigated through  
61 management.

62  
63 In ecology, 'resilience' has attracted great interest as a concept for describing how ecosystems recover to an  
64 antecedent state following a disturbance ('engineering resilience'<sup>7</sup>), or absorb change and resist large shifts  
65 in ecosystem function ('ecological resilience'<sup>8</sup>). Both recovery and resistance mechanisms are now  
66 recognised to contribute to the resilience of ecosystems<sup>9</sup> but further advances require a better understanding  
67 of what determines an ecosystem's response following a perturbation<sup>10</sup>, and more accurate predictions of  
68 longer-term outcomes<sup>11</sup>. Much work on resilience, however, focuses predominantly at the ecosystem level<sup>12</sup>  
69 and still lacks an eco-evolutionary perspective<sup>13</sup>. This is despite the key insight that nothing in ecology  
70 makes sense without determining responses within and across *all* biological levels<sup>14</sup>. On the other hand,  
71 focusing on how ecology and evolution shapes patterns and processes within individuals and populations  
72 has attracted criticism for being too narrow to address broader ecological problems (but see ref.<sup>15</sup> for  
73 application of evolutionary concepts). And, although there are increasing calls to make use of evolutionary  
74 concepts in addressing biodiversity<sup>12,16</sup> and tipping points<sup>13</sup>, for example, eco-evolutionary biologists  
75 themselves rarely consider resilience and how it might be conferred by processes that occur within or across  
76 the biological levels that form the focus of their studies<sup>13</sup>.

77  
78 Here we argue that the eco-evolutionary history of past adaptation is a critical body of knowledge available to  
79 help pinpoint key elements that may scale up to determine the resistance and recovery potential of  
80 increasingly managed or perturbed ecosystems. We provide a framework to integrate ecosystem-level

81 concepts of resistance and recovery with knowledge about ecological and evolutionary form and function at  
 82 each level of biological organisation (Figure 1). This 'biological resilience' comprises the processes and  
 83 functions that enable different components across levels of organisation to persist and/or adapt in the face of  
 84 environmental perturbations. We first discuss how abiotic and biotic perturbations may affect biological levels  
 85 differently, and then how the eco-evolutionary past of these component parts provides context for present  
 86 and future responses. Next, we outline approaches for examining biological resilience, from genes to cells,  
 87 individuals, populations, and communities, and identify new opportunities emerging from the ongoing  
 88 infusion of big data into evolutionary biology and ecology. Finally, we discuss how considering resilience at  
 89 different biological levels will enable advances in translational work that aims to restore, adapt, or preserve  
 90 human, natural, and agricultural ecosystems.

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94

95 **FIGURE 1.** Biological resilience is characterised by connections within and among levels of life (simplified  
96 here, but not limited to, genes, genomes, cells, organisms and ecosystems). These connections offer a  
97 snapshot of the present state, which has been shaped by ecological and evolutionary responses to biotic  
98 and abiotic perturbations and selection pressures (indicated by green and brown interactions, respectively) in  
99 the past (time represented by a log-scale). Predicting future states, however, has a limited translation  
100 horizon (vertical dashed line, close in time) because (i) the long time-scales involved result in reduced  
101 incentives for policy makers and in a paucity of management tools and ideas, and because (ii) the  
102 understanding of past and present states remains incomplete to forecast outcomes accurately (denoted by  
103 question marks within circles). Understanding biological resilience can shift the translation horizon further  
104 into the future by reducing uncertainty in prediction trajectories (grey arrows) and facilitating improved  
105 evidence-based policy.

106

107 **Effects of perturbations vary across biological levels**

108 Natural systems face perturbations that may be novel or similar to those experienced in the past<sup>18</sup>. The most  
109 conspicuous perturbations are increased temperatures (and associated events such as droughts and fires),  
110 direct anthropogenic alterations (e.g. pollution, land use changes, habitat fragmentation), and invasive  
111 species. Perturbations vary in intensity, duration, frequency and spatial extent, and can, depending on their  
112 nature, cause gradual changes in ecosystem functions and services, or lead to more drastic regime shifts<sup>19</sup>.  
113 Furthermore, ecosystems commonly face simultaneous perturbations which may be directly related, such as  
114 warmer temperatures and increased droughts, or indirectly related, such as invasive species and  
115 eutrophication. The end result is often non-linear as simultaneous perturbations can have synergistic  
116 effects<sup>20</sup> or generate cascading processes (e.g. co-extinctions<sup>21</sup>). For example, communities often cope with  
117 increasing disturbances with minimal apparent signs of stress, but then rapidly collapse when the degree of  
118 perturbation reaches a tipping point<sup>22</sup>. Although increasing theoretical and experimental work suggests that  
119 collapse in natural systems can be anticipated by early warning signals<sup>23</sup>, detecting these signals in highly  
120 variable real world systems remains a great challenge<sup>13</sup>.

121  
122 Biological resilience may provide some insight as responses to perturbations are influenced not only by the  
123 intensity of the disturbance and its spatio-temporal scale, but also by the composition, structure, and spatial  
124 context of the perturbed ecological communities<sup>24</sup>. For example, fragmented habitats influence the degree to  
125 which species can reduce their exposure to perturbations by shifting, shrinking or expanding their range via  
126 dispersal<sup>25</sup>, or by modifying physiological or behavioural responses<sup>26</sup>. Responses may also vary among  
127 species, populations, and even among individuals<sup>27-29</sup>. Range-edge populations, for example, can be  
128 comprised of a different set of individual response-types than those found in the range core (e.g.  
129 phenology<sup>30</sup>) and potentially set up cascades of change<sup>3</sup> across other biological levels (e.g. genetic  
130 diversity<sup>16</sup>). Spatial context also has fundamental implications for longer-term adaptation to environmental  
131 change as it shapes gene flow<sup>31</sup>. Finally, perturbations may be experienced differently at varying levels of  
132 biological organization: while outcomes may be catastrophic for some levels, they may also provide stimuli  
133 for renewal at other levels. These aspects set biological resilience into a relative perspective: systems that  
134 vary in their composition will respond differently to similar perturbations while the same system may respond  
135 differently to divergent perturbations.

136

137 **Past perturbations shaped the present state**

138 Biological resilience is a dynamic and constantly evolving product of long term (co-)evolutionary, ecological  
139 and biogeographical processes because past perturbations leave their mark on biological entities, creating  
140 ecological and evolutionary ‘memories’<sup>32,33</sup>. This information is often expected to be specific to the features  
141 of the disturbance, including its amplitude, duration, frequency, and stochasticity<sup>34</sup>, and affect the present  
142 state and resilience of the system. Decoding ecological and evolutionary memories at each level, and  
143 understanding how they influence interactions among levels (Figure 1), may therefore provide information to  
144 better predict future responses (e.g. ref.s<sup>33,34</sup>).

145

146 At the level of genes, evolutionary history is manifested in mutations filtered by natural selection or fixed by  
147 random genetic drift. Some of these mutations may provide an advantage against a future perturbation, such  
148 as through acquired resistance against a parasite, pest or antibiotic seen in the past<sup>35</sup>. At the level of the  
149 individual, disturbances may cause reversible marks to the genome via epigenetic effects, which can affect  
150 the ability to withstand similar disturbances for subsequent generations, or induce phenotypic plasticity and  
151 behavioural modifications that may in some cases spread to others via learning<sup>36</sup>. At the level of the  
152 population or community, perturbations can reduce or increase diversity, and thus impact any future  
153 response to disturbances. For example, past climatic fluctuations in the Amazon basin have given rise to  
154 areas of more diverse avian fauna in the western parts compared to the south-east. Thus, the south-eastern  
155 parts are expected to be more vulnerable to ongoing stress posed by deforestation and climate change<sup>37</sup>.  
156 Community changes caused by past disturbances may also determine subsequent community assembly  
157 through complex cascading effects on species succession. For instance, when species re-colonize an area,  
158 or are reintroduced after a perturbation, the order in which species arrive may be important for community  
159 assembly (i.e. priority effect or founder control<sup>38</sup>). Disturbances may also fuel rapid evolution, which can, in  
160 turn, alter population genetic trajectories and community assembly<sup>13</sup>.

161

162 These effects of perturbations generate general hypotheses concerning the role of historical disturbances in  
163 future resilience: (i) past experience primes a biological entity to cope best with future disturbances of a  
164 similar nature. Alternatively, but not necessarily mutually exclusively, (ii) populations and communities



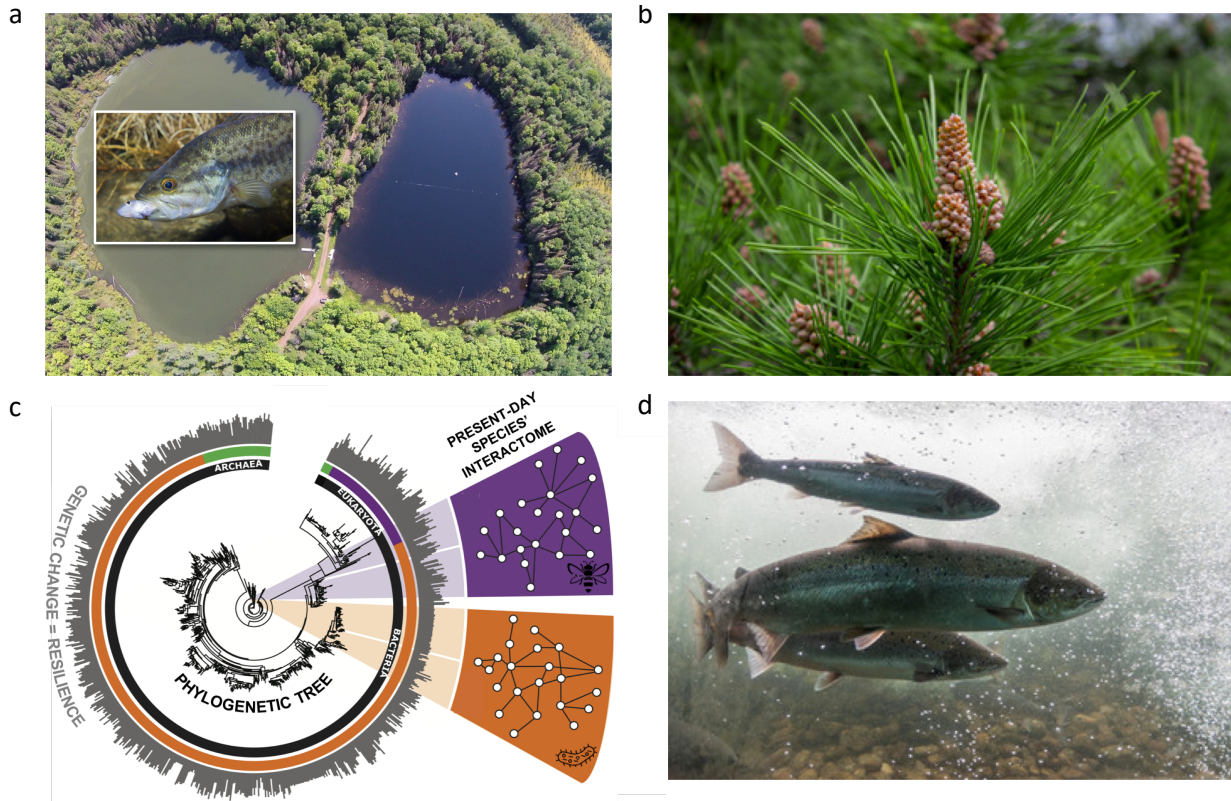
165 exposed to more variable environments and higher levels of disturbance over the long term are expected to  
166 be most resilient. However, even these may accrue resilience debt if the magnitude and frequency of the  
167 disturbances differ too much from their historical disturbance regimes<sup>33</sup>. Finally, (iii) even without long-term  
168 disturbance histories, rapid adaptation may improve resilience against specific stressors. This may, however,  
169 come at the cost of decreased resilience in the longer term because of reduced diversity or altered species  
170 interactions<sup>16</sup>.

171

## 172 **Approaches to quantify past and present states**

173 Although there is debate over the value of small-scale experimental studies for understanding real-world  
174 conditions or problems<sup>39</sup>, a growing number of studies are demonstrating how study approaches across  
175 biological levels can generate insight into the role of specific processes or mechanisms that confer resilience  
176 (see Figure 2 for examples). This development is critical as a major challenge in studying resilience is the  
177 need to either induce perturbations experimentally, or coincidentally collect data in the right place at the right  
178 time<sup>40,41</sup>. As such, much of the current work in understanding biological resilience (even if not yet couched in  
179 this terminology) relies on surveys and correlations that ask predominantly hypothesis-generating questions.  
180 For example, which genes contribute to more resilient phenotypes?<sup>42</sup>, which populations are more resilient to  
181 certain perturbations?<sup>43</sup> or, which species are most affected by which particular aspects of a perturbation?<sup>44</sup>.  
182 On the other hand, the results of experiments, particularly into resilience at the cellular<sup>45</sup> or genomic levels<sup>46</sup>,  
183 are often not interpreted in a broader ecological context or compared to available data from natural  
184 populations<sup>47</sup>. Here we survey observational and experimental approaches, how these approaches intersect  
185 across biological levels, and how we can use them to test general hypotheses (Table 1).

186 TEXT CONTINUED AFTER FIGURE 2 AND TABLE 1



187

188 **FIGURE 2.** Examples of biological resilience (biological levels and approaches in bold): (a) **Communities &**

189 **ecosystems:** A **semi-natural experiment**, based on knowledge from **long-term monitoring**, tested

190 warning signals of a regime shift, as predicted by **modelling**. Top predators (inset) were introduced into a

191 lake (left) and their biotic and abiotic effects on an aquatic food web (compared to an undisturbed lake, right)

192 were tracked over 3 years<sup>48</sup>. (b) **Individuals & populations:** Various **modelling** methods, coupled with

193 **semi-natural experiment** data from genetic provenance trials for *Pinus sylvestris*, investigated how variation

194 in population-level responses to environmental change (i.e. phenotypic plasticity and local adaptation) can

195 influence species-level range expansion under climate change<sup>29</sup>. (c) **Cells & proteins:** Over 8 million

196 protein-protein interactions from 1,840 species were **data mined** to **model** protein interactomes. Using

197 species' level evolutionary history and ecological characteristics, the authors then investigated how

198 resilience varies at the protein level<sup>49</sup>. (d) **Genes & genomes:** A **wild survey** of gene-linked loci and gene

199 ontology information in *Salmo salar* populations was conducted to test the hypothesis that loci with immune-

200 related functions have stronger signals of selection than loci with no obvious association with immune

201 function<sup>50</sup>. [Image a with permission from S. Carpenter, inset under licence from Adobe Stock; Image c

202 modified with permission from M. Zitnik; Images b, d under licence from Adobe Stock]

203

204 **TABLE 1.** Three general hypotheses about how the ecological and evolutionary past shapes current and  
 205 future responses, and the multiple study approaches (with examples) required to understand biological  
 206 resilience.

General	Methodological approaches	Examples
<b>hypotheses</b>		
<b>(i) past experience primes a biological entity to cope best with future disturbances of a similar nature</b>		
	Describe patterns using correlational or before-after survey data	<ul style="list-style-type: none"> <li>• Current and future responses are mediated by past infection using long-term data on Soay sheep<sup>53</sup></li> <li>• Co-occurrence of taxa before and after Holocene<sup>58</sup></li> </ul>
	Use modelling and simulations to generate testable predictions	<ul style="list-style-type: none"> <li>• Transgenerational priming<sup>46</sup></li> </ul>
	Perform experimental perturbations in -cosms or field settings	<ul style="list-style-type: none"> <li>• Experimental evolution with yeast<sup>45</sup></li> <li>• Legacy effects of drought exposure on microbial communities<sup>64</sup></li> <li>• Transgenerational acquired resistance in model plants<sup>65</sup></li> <li>• Resurrection studies<sup>61</sup></li> </ul>
	Interrogate findings with data from natural experiments	<ul style="list-style-type: none"> <li>• Captive and wild songbirds respond differently to temperature perturbations<sup>47</sup></li> </ul>
<b>(ii) diversity of environments and disturbances in the past generates greater resilience in the future</b>		
	Make use of long-term survey data and/or big ecological and genetic	<ul style="list-style-type: none"> <li>• Paleological history<sup>57</sup></li> </ul>

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datasets (including ancient DNA) to measure past diversity	<ul style="list-style-type: none"> <li>• Ecological and evolutionary memory<sup>34,49</sup></li> <li>• Adaptive genetic diversity<sup>16</sup></li> </ul>
Use modelling and simulations to generate testable predictions	<ul style="list-style-type: none"> <li>• Predicting a species response to environmental change when preadaptation of community differs<sup>66</sup></li> </ul>
Perform experimental perturbations in -cosms or field settings	<ul style="list-style-type: none"> <li>• Resurrection studies<sup>61</sup></li> </ul>
Interrogate findings with real-world examples, e.g. natural experiments	<ul style="list-style-type: none"> <li>• Biological invasions<sup>67</sup></li> </ul>

**(iii) rapid adaptation to match current conditions reduces future resilience**

Compare current resilience of biological entities and search for signs of rapid adaptation in the past	<ul style="list-style-type: none"> <li>• Genome-wide scans in forest trees to detect adaptation to aridity<sup>51</sup></li> </ul>
Use modelling and simulations to generate testable predictions	<ul style="list-style-type: none"> <li>• Evolutionary rescue<sup>68</sup></li> </ul>
Experimentally induce a novel perturbation in cases where rapid adaptation is present vs. absent	<ul style="list-style-type: none"> <li>• Resurrection studies<sup>61</sup></li> </ul>

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208 ***Surveys and long-term monitoring of free-living organisms***

209 Surveys of wild populations often include (intentionally or unintentionally) variation in habitats or  
210 environmental features. When these features occur along natural gradients (e.g. in temperature, salinity,  
211 anthropogenic effects), the surveys provide an opportunity to compare the responses of various biological  
212 levels (e.g. genes and genomes of forest trees in response to aridity gradients<sup>51</sup>, bacterial diversity and  
213 cellular processes in response to salinity<sup>52</sup>, individual reproduction and survival in response to parasite  
214 infection in Soay sheep<sup>53</sup>). If surveys are conducted in a standardised manner and continue over multiple  
215 seasons, years, or generations, this long-term monitoring has the potential to facilitate (i) detection of subtle  
216 responses to perturbations, or responses to more subtle perturbations, (ii) replication over time, and (iii)  
217 detection of ecological and evolutionary memories<sup>54</sup>. Alternatively, “opportunistic” sampling can follow the  
218 (often unexpected) formation of a resilience-relevant gradient/difference. Characteristics at a site that  
219 experienced a heat wave for example, or an oil spill or chemical release, can either be compared to those of  
220 a nearby site that did not experience the perturbation<sup>55</sup>, or in the event that surveys of the affected sites were  
221 conducted prior to the perturbation, a ‘before vs. after’ analysis can be conducted<sup>56</sup>. The prehistoric and  
222 paleoecological record is also an important potential source of survey data, as it is now becoming tractable  
223 to incorporate it with extant data<sup>57</sup>. This paleo-perspective could offer natural experiments: data are  
224 potentially available to help explain how community assembly (and disassembly) works when time spans are  
225 increased<sup>58</sup>, for example, or how genetic structure and adaptations respond to perturbations ranging from  
226 major extinctions to rapid climate change or species invasions over long time periods.

227

228 ***Semi-natural and common garden experiments***

229 A major challenge for survey approaches is to disentangle co-varying environmental characteristics (e.g.  
230 photoperiod and temperature along a latitudinal gradient, or simultaneous drought and reduced food  
231 availability). Experiments in semi-natural (e.g. *in vitro* microcosms or outdoor mesocosm setups) or field  
232 settings (e.g. ponds/tanks, forest plots, enclosures suitable for small mammals, or free-ranging individuals  
233 and populations) are therefore necessary, and offer an attractive compromise where ‘real-world’ conditions  
234 are partly retained but where some manipulation and/or control is nevertheless possible, together with  
235 replicates<sup>39</sup>. Common garden experiments involve rearing individuals of the species of interest under  
236 common conditions and can be expanded to study responses to environmental or anthropogenic stressors

237 by adding 'treatments' such as thermal stress, disease, or changes in community. They provide an additional  
238 level of control as environmental differences can be eliminated or specific environmental factors can be  
239 tested, and mean that the extent of resilience that is plastic versus evolutionary (e.g. fish<sup>59</sup>, crops<sup>60</sup>) can be  
240 measured. Resurrection-type experiments are also a promising approach in some taxa, when genotypes that  
241 have experienced varying conditions are available for tests under experimental conditions<sup>61</sup>. Experiments  
242 can also be conducted alongside interventions to mitigate species decline or change in ecosystem function  
243 (e.g. conservation actions including introductions of individuals or translocations of populations), but only if  
244 the selection of individuals, habitats, or species to be moved is designed to test the relative resilience of  
245 different characteristics (e.g. social behaviour<sup>62</sup>, genetic diversity<sup>63</sup>).

246

### 247 ***Theory and mathematical models***

248 If each component part of an ecosystem shows variable resilience, how can we integrate knowledge gained  
249 by examining resilience at different biological levels? Theory and mathematical models lay the foundations  
250 for identifying what to measure from experimental and empirical systems and how to extract these  
251 observables from real data (Box 1). For example, a careful normalization of the effect of a perturbation to the  
252 undisturbed state is necessary to obtain common metrics that are comparable across biological levels and  
253 study systems<sup>11</sup>. As such, theory and models generate new hypotheses and predictions about how systems  
254 will likely respond to perturbations, which can then be tested empirically. Therefore, they are a key ingredient  
255 for translational work.

256

257 TEXT CONTINUED AFTER BOX 1

### Box 1: Eco-evolutionary and environmental Big Data

To analyse biological resilience we need:

- data on biotic units (e.g. gene expression, species, communities, ecosystems) and environmental change (stressors of nature) in the same spatial and temporal range
- data that extend over a sufficient timespan (long-term time series data) and/or spatial range
- multiple cases of similar drivers-to-biotic-units pairs.

Data that meet these qualities can be obtained experimentally from simplified systems in single studies, but suitable datasets for real world ecosystems require combining data from different sources. Abiotic data from the last few decades are openly available (e.g. CORINE<sup>69</sup>; USGS<sup>70</sup>, WorldClim<sup>71</sup>). At the molecular level, Big Data on genes and genomes (NCBI<sup>72</sup>) and their function (Gene Ontology (GO) database<sup>73</sup>) are rapidly increasing and designed to be taxonomically comparable or even species-neutral (GO). This enables the transfer of functional annotation (molecular function, biological role and cellular location) derived from model organisms for tens of thousands of genes to inferred orthologues in newly sequenced species. It could therefore be a very useful resource for studying the molecular basis of biological resilience, particularly if the current functional focus on medical science broadens to encompass functions in response to ecological stimuli<sup>74</sup>.

Big Data on species occurrences (GBIF<sup>75</sup>), traits (TRY<sup>76</sup>, Coral Trait Database<sup>77</sup>) and abundances through time<sup>78,79</sup> are also becoming available at an increasing rate. Collecting data of changes in the deeper past requires digitisation of physical collections (natural history specimens, historical landscape photographs, natural resource use statistics, maps, written records etc.) and application and development of new techniques for data extraction (e.g. ref.<sup>80</sup>) and analysis (e.g. ref.<sup>81</sup>). Finding the most potent data sources for reconstructing time series into the past still needs innovation but this approach carries considerable promise for analyses of resilience to changes that have already occurred, thus improving our capability to predict consequences of ongoing and future change.

258 As the resolution and density of data increases, and new algorithms that make use of large-scale  
259 computational resources become available, the possibilities to find and match comparable drivers-to-biotic-

260 units cases increase. However, most of the global databases at present contain (partially) non-comparable  
261 data. Existing data can be analysed by taking advantage of newly developed methods that minimise biases  
262 in unrelated or uncertain data (e.g. Bayesian approaches<sup>82</sup>), or when fully comparable data are available, by  
263 using mechanistic models that allow moving beyond correlative analyses (e.g. individual-based models<sup>83</sup>).  
264 Experimental and observational data can also be combined to increase the credibility of conclusions<sup>84</sup>. Any  
265 data analysis must, however, be based on theoretically sound models as blindly applying black-box machine  
266 learning algorithms to interpret data may lead to conclusions that are not biologically sensible<sup>85</sup>. Other areas  
267 of artificial intelligence, such as evolutionary computation, hold much promise as they can provide both  
268 power and interpretability of natural laws<sup>86</sup>.

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269 END OF BOX 1

270

### 271 **Advancing the translation horizon**

272 Management of ecosystems requires detailed knowledge of the component parts, as competing interests  
273 among stakeholders can lead to different aspects being prioritised<sup>87</sup> (e.g. species, services, monetary value).  
274 Determining how resilience operates at each biological level has potential to move beyond this stale-mate,  
275 by using the ecological and evolutionary history of components of the system to better predict future  
276 biological interactions under different management scenarios. Here we provide three examples where  
277 biological resilience could have translational impact.

278

### 279 ***Biological resilience in human health***

280 Ecological systems are also human systems ('socio-ecological resilience')<sup>2</sup>, yet the idea that the human mind  
281 and body can be viewed as a complex ecological system is only just beginning to be recognised<sup>88</sup>. For  
282 example, circadian rhythms and sleep/rest-wake cycles are common across species and systems, and serve  
283 as processes to enhance resilience by maintaining somatic and psychological health<sup>89</sup>. After prolonged  
284 periods of wakefulness, sleep offers a recovery when metabolic balance and network function are restored.  
285 Glutamatergic pathways restore attentional capacity, for example, and maximise readiness for the next wake  
286 period<sup>90</sup>. Circadian misalignment, where the organism's inner clock becomes mismatched to environmental  
287 or behavioural cues (such as exposure to light or being physically active) is becoming increasingly common  
288 in humans living in contemporary societies with increasing artificial light exposure. This disruption to sleep



289 reduces resilience by impairing beta cell function and insulin sensitivity, resulting in impaired glucose  
290 tolerance<sup>91</sup>. Understanding time-dependent cyclicity in genes, phenotypes, populations/communities, and  
291 human-influenced ecosystems should therefore become a core goal for improved policy-making.

292

293 Combatting cancerous cell growth, or infection by microbes and viruses, on the other hand, is made harder  
294 by their apparent biological resilience to human interventions. For example, genetic heterogeneity is known  
295 to negatively affect treatment success in cancer<sup>92</sup>. However, heterogeneity within cancer reflects the  
296 selective pressures endured, and the mutations accumulated, during the whole history of that cancer and  
297 can reveal vulnerabilities to therapy<sup>93</sup>. Life-history strategies of cells, such as dormancy, also matter as they  
298 can blunt the effects of therapy (e.g. tuberculosis). This suggests that diversity is an important component of  
299 resilience in human health, but this requires testing in translational models. Microbiota and antibiotics provide  
300 one such system<sup>94</sup>. The human gut is inhabited by a complex and metabolically active microbial ecosystem,  
301 where interactions between the host and microbiome are driven by feedback loops and further provide either  
302 stabilizing or destabilizing effects. Antibiotics form a particularly important class of perturbations in this  
303 system. Compromising the resilience of the microbiota has numerous potential indirect impacts on health<sup>95</sup>  
304 whereas antimicrobial resistance has direct impacts on health<sup>96</sup>, and both carry a heavy economic burden.  
305 Understanding how microbiota form resilient states might allow increasing the resilience of healthy states,  
306 and, in turn, decrease the resilience of unhealthy states.

### 307 ***Human-influenced ecosystems: forest management***

308 Ecological disturbances and climate change are forecast to have significant impact on forest productivity and  
309 growth, insect and pathogen outbreaks, drought, periodic fires, wind and ice storms and invasive alien  
310 species<sup>97,98</sup>. Forest management could enhance resilience if a time-horizon approach across biological levels  
311 was integrated into decision-making. Past management of forests has assumed that the effects of climate  
312 and other associated factors will remain stable, in spite of the long generation time and individual lifespan of  
313 many forest trees and biomes<sup>97</sup>. However, at the community or ecosystem level, soil degradation (for  
314 example) can occur rapidly compared to the lifespan of the forest and then impact on the ability of trees to  
315 withstand other environmental perturbations<sup>99,100</sup>. In tree species with long generation times, resilience is  
316 likely to depend strongly on phenotypic plasticity and transgenerational transfer of information<sup>101</sup>, as changes

317 to the genome through selection are slow. Better management of forests, therefore, likely requires managers  
318 to avoid conversion of forest to monotypic or reduced species plantations<sup>43</sup>, and to consider use of alternate  
319 genotypes when seeding new forests<sup>102</sup>. Achieving increased resilience, however, will require understanding  
320 which features at each biological level are most important to manage, and whether enhanced diversity at one  
321 level (e.g. genetic diversity of monotypic plantations or diversity of associated mycorrhizal fungi) can  
322 compensate for reduced diversity at another<sup>103</sup>. Evidence-based decisions in forest management are  
323 urgently needed to better assess the compromises given limited resources and the competing requirements  
324 of resilience and commercial yield.

### 325 ***Agricultural systems: managing crops for drought conditions***

326 Improving the resilience of crop plants to abiotic stress is becoming increasingly important as climate change  
327 increases variability in precipitation and temperature and associated episodes of drought and heat waves.  
328 The consequences of these perturbations, however, may be complex because drought leads to decreased  
329 transpirational cooling of the plant, which in turn intensifies the effects of heat<sup>104</sup>. A plant's response to  
330 drought (e.g. stomatal closure, early flowering) affects multiple organs across all levels of biological  
331 organization, ranging from transcription to metabolism, energetics, and plant development<sup>105</sup>. This means  
332 that past drought leaves an abiotic 'stress memory', encoded in DNA methylation and chromatin marks,  
333 which may increase resilience over multiple generations<sup>106,107</sup> in a process of acquired transgenerational  
334 resistance<sup>65</sup>. Therefore, recovery following drought in the past is an especially important process to  
335 understand future resilience. Can we 'future-proof' crop plants to resist or recover from predicted drought  
336 conditions?

337  
338 While most advances have been made with model systems such as *Arabidopsis*, genetic and genomic  
339 approaches combined with precision phenotyping are now making it possible to translate this understanding  
340 into practical advances for food crops<sup>65</sup>. At the population level, studies of local adaptation may also help to  
341 understand how we can best buffer food production against drought. A critical measure of success for the  
342 wild ancestor of a crop plant was its ability to set viable seed following a perturbation (i.e. period of drought).  
343 Before the 20<sup>th</sup> century, farmers kept seed to sow in successive years and produced heterozygous  
344 "landraces" of crop plants that were locally adapted to prevailing conditions and stressors; the seeds may

345 have been smaller or fewer, but the diversity contributed to the yield stability of the local population. Modern  
346 plant breeding, however, selects for yield under high inputs, relying in many cases on hybrid seed that does  
347 not remain true to type across generations. To prepare for the future, the likelihood of the timing, severity,  
348 and length of reduced precipitation must be balanced against the need for productivity. Accurate crop  
349 models and genomic prediction approaches<sup>108</sup>, together with appropriate allelic diversity, will be required to  
350 meet the challenge.

351

### 352 **Challenges for future research**

353 Here we have argued that understanding and managing biological resilience requires moving away from the  
354 reductionist approach of considering function only at the level of ecosystems. A simplified view of  
355 ecosystems only works when considering change over a relatively short period of time, and reduces power  
356 for forecasting future response, either to predicted environmental change or potential management  
357 interventions. In ecosystem ecology, species, for example, are normally classified into functional types.  
358 However, this leaves out valuable information about evolutionary responses to specific perturbations in the  
359 past (unless specifically searched for, e.g.<sup>49</sup>). This represents a lost opportunity to learn more about current  
360 response and reduce uncertainty in predictions. Nonetheless, incorporating evolutionary history and complex  
361 interactions within and across biological levels is non-trivial, and key challenges exist for data collection, as  
362 well as setting the temporal and spatial boundaries of the systems or components being studied.

363

364 Firstly, data is still expensive and heterogeneous in time and space, even in the era of Big Data. Considering  
365 multiple levels of biological organisation will require data collection that tracks responses and maximises  
366 phylogenetic, functional, spatial and temporal coverage with minimum monetary cost<sup>109</sup>. If we are to make  
367 better use of these data, it will require high quality metadata annotations and easy and open access (e.g.  
368 following the FAIR principles<sup>110</sup>), while the acquisition of uninterrupted and consistent time series of  
369 ecological and environmental data depend on continued funding. Coordinated multidisciplinary research  
370 projects would enhance data collection, and optimise funding streams; these are likely to be necessary if we  
371 are to expand the scope from single- to multiple levels. Some types of data are already available to inform  
372 about responses to past conditions, relieving the need to wait for Big Data to accrue (Box 1).

373

374 Second, we need to move beyond studying the effects of single perturbations to single species, both in  
375 theoretical and empirical work, if we are to measure and understand the effects of multiple perturbations to  
376 multiple-species. It is not tractable to measure everything, but well-controlled experiments at intermediate  
377 scales will provide critical data for understanding the mechanisms that drive biological resilience – or the lack  
378 of it. However, the removal or simplification of aspects of natural complexity means that experiments will  
379 need to be linked conceptually to surveys of the relevant organisms and ecosystems to understand biological  
380 resilience. Integrating survey data and interpreting experimental data in the light of environmental Big Data  
381 provides a broader scope, particularly when datasets span space and/or time (Box 1). Finding ways to  
382 integrate all these data with rapidly accumulating genomic data will likely facilitate significant advances in the  
383 assessment of past and current indicators of biological resilience. Similarly, incorporating complex processes  
384 across many levels of biological organisation within one model is both computationally and mathematically  
385 challenging, even with recent advances<sup>13</sup>. A long-term problem in ecological modelling is that theoretical  
386 models are good for understanding causality, but difficult to test critically against data, whereas statistical  
387 models are correlative, and thus may not identify the relevant underlying mechanisms even if they fit the  
388 present data well. These shortcomings are especially critical for studying biological resilience, because it is  
389 driven by the interaction of many complex processes at many levels of biological organization. Thus, a major  
390 challenge will be expanding, but still setting, theoretical and empirical boundaries in terms of mechanism  
391 detail and range of validity.

392

393 Providing the evidence necessary to make the case to policy makers is perhaps the most important  
394 challenge. For example, accumulating knowledge on ecosystem resilience is yet to change the principles of  
395 forestry or cropland management dramatically, which is alarming given that we know many current  
396 management practices compromise the ability of future generations to meet their own needs. Taking a  
397 biological levels approach may help if it enables identification of ‘resilience indicators’, elements that are best  
398 suited for developing management practices for resilience. Tracking genetic diversity at a species level, for  
399 example, is a feasible method for collecting robust data that can be used to identify which actions are likely  
400 to be most successful, and monitor their impact. Identifying others will require bringing together expertise  
401 across biological levels and different scientific disciplines. Similarly, there are still substantial gaps to bridge  
402 between scientists and policymakers. Co-creation of research questions with the stakeholders that will apply

403 management practices is essential, particularly if it facilitates decisions to be implemented using an  
404 experimental approach. In summary, biological resilience requires viewing eco-evolutionary studies in terms  
405 of resistance vs. recovery (the key conceptual outcomes in ecosystem resilience) and incorporating an eco-  
406 evolutionary perspective to better understand ecosystem-level processes. Although challenging, this  
407 approach should provide the advances in data collection, modelling, and testing of hypotheses across levels  
408 that are urgently needed to improve resilience in the face of future environmental challenges.

409

#### 410 **Author contributions**

411 All authors conceived the idea, contributed to the writing of the manuscript, and approved the submitted  
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413

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