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**The Significance of resilience  
in recovery**

**BARBARA MONK-STEEL**

- Individual differences in disaster outcomes are the result of a number of unique risk and resilience factors
- E.g a risk factor would be poverty, a resilience factor would be being part of a well functioning community



- Therefore reducing risk factors and increasing resilience impacts on a person's response.
- E.g preparation for possible disasters in a high risk area can reduce risk factors and increase a sense of control



- So what is involved in resilience and how have some people developed this?



# Resilient people

- Maintain good relationships with family, friends and others
- See that situations can be coped with and look for ways forward where possible
- Accept certain circumstances are outside of their control (but they can adapt)



- Set realistic goals, in small steps, and work regularly on things that are achievable
- Take decisive action rather than avoiding things



- Nurture a positive view of self and their ability to solve problems
- Keep things in perspective with a balanced picture
- Maintain a hopeful and optimistic outlook focusing on concrete goals



- Have self care skills e.g pay attention to own needs, feelings, and physical well being, enjoying relaxing and health activities, including practices such as meditation





# Key skills for resilience

- Monitoring thoughts
- Spotting thinking errors
- Identifying unhelpful beliefs
- Challenging unhelpful beliefs
- Challenging catastrophic worries



- Developing rapid calming and focussing strategies
- Real time resilience

