The Significance of resilience in recovery

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• 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