

# Disaster Risk Management

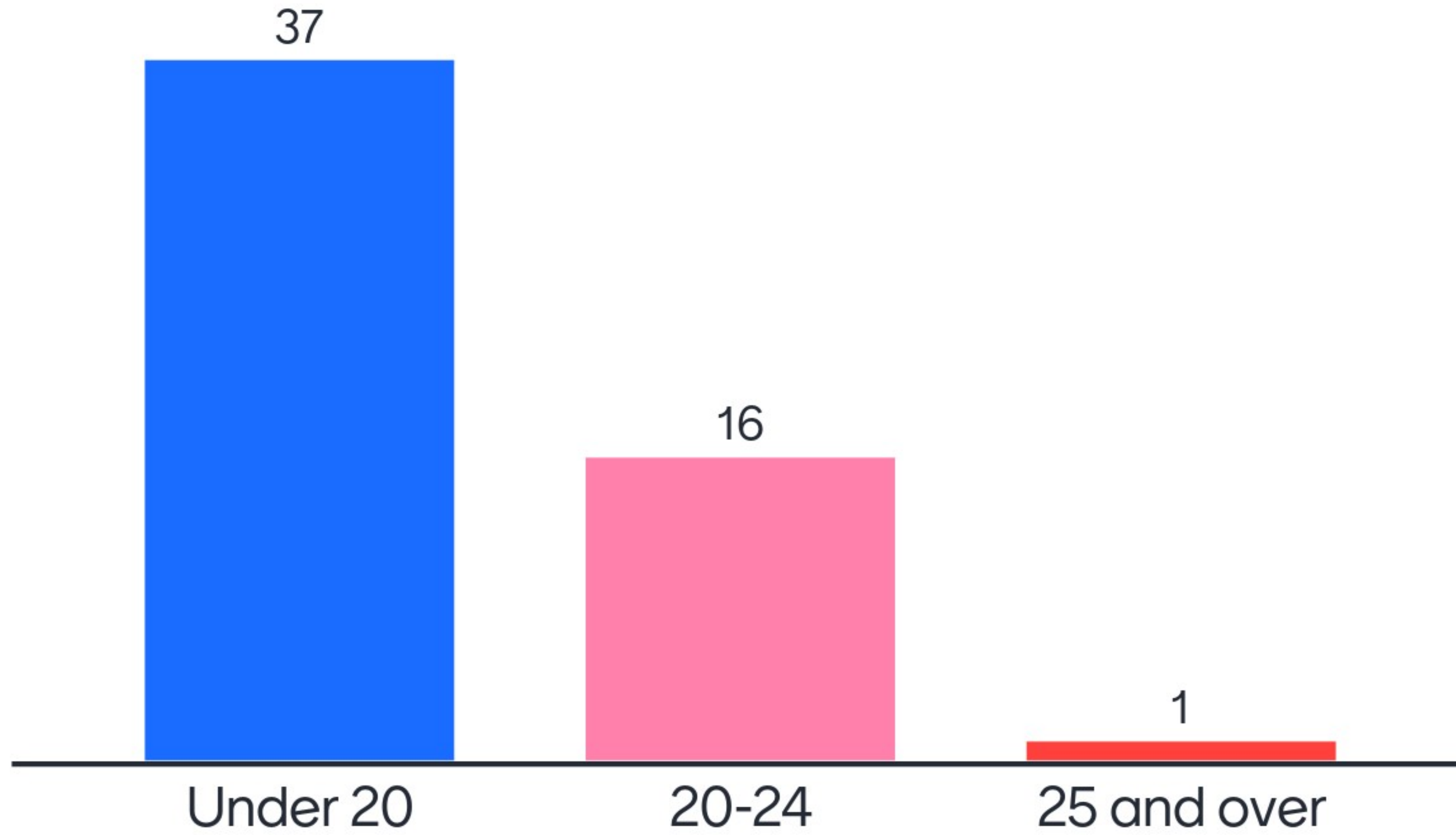
M1 - Introduction



# Objective - Be better prepared for crises

- Understand what is a crisis and evaluate its scope
- Lessons learned from Covid
- Best practices from Covid

# Age





# Crisis - write 1 Word





# In greek {krisis} means decision/judgement

- Period of uncertainty, which creates stress & anxiety
- We have difficulty regulating our emotions
- Our decision making capacity is affected negatively

# Symptoms of stress/anxiety

Not eating/Eating too much

Headache

Insomnia

cannot concentrate, think

biting my lips

Loss of sleep

hard time breathing

Eating more

headache

# Symptoms of stress/anxiety

smoking

Lack of concentration

Breathing difficulty

Loss of appetite

Out of control laugh

Not breathing

loss of sleep

hyper-ventilation

can't concentrate, hyperventilation,  
spiral of negative thoughts, nail biting



# Symptoms of stress/anxiety

Overthinking

eating nails

biting my nails

Trembling

fear

less sleep, move a lot, get out, smoke

nervousness

biting my nails

mental breakdown



# Symptoms of stress/anxiety

Stomach ache

biting my nails

headache

being restless and obsessing over the situation

Insomnia

difficulty to breath and think rationally

Clouded mind

cry

feeling tired all the time

# Symptoms of stress/anxiety

Loss of lucid thinking

mind numbness

Not able to do anything

eating more

shorth breath

Eating less

always tired, fast heartbeat

Nightmares

biting nails

# Symptoms of stress/anxiety

unable to concentrate

overthinking

Eat more

difficulty breathing

Overthinking

Difficulty to breath

insomnia

nausea

intestinal problems, weakness,  
absence of appetite



# Symptoms of stress/anxiety

depression

Acceleration of the heart beat

Heart goes faster

lack of sleep

Not wanting to eat

insomnia

touching my hair

yawning

I haven't future perspective

# Symptoms of stress/anxiety

Sweat

crying

Biting nails

sadness

high irritability

Insomnia

nauseous

self-isolation

Lack of saliva, overthinking, more  
hunger, irritability.

# Symptoms of stress/anxiety

I get angry easier

no more talking

Smoking

either not sleeping at all or sleeping  
the whole day and regret it

cry

procrastinating, passive aggression

Not feeling myself anymore

trust losses

lack of appetite



# Symptoms of stress/anxiety

hyper attention

illness

Difficulty thinking about the possible opportunities

stop thinking rationally

overthinking

self isolation

sleep paralysis

lack of confidence

eating disorders

# Symptoms of stress/anxiety

Very irritable until I get it all out

be impulsive

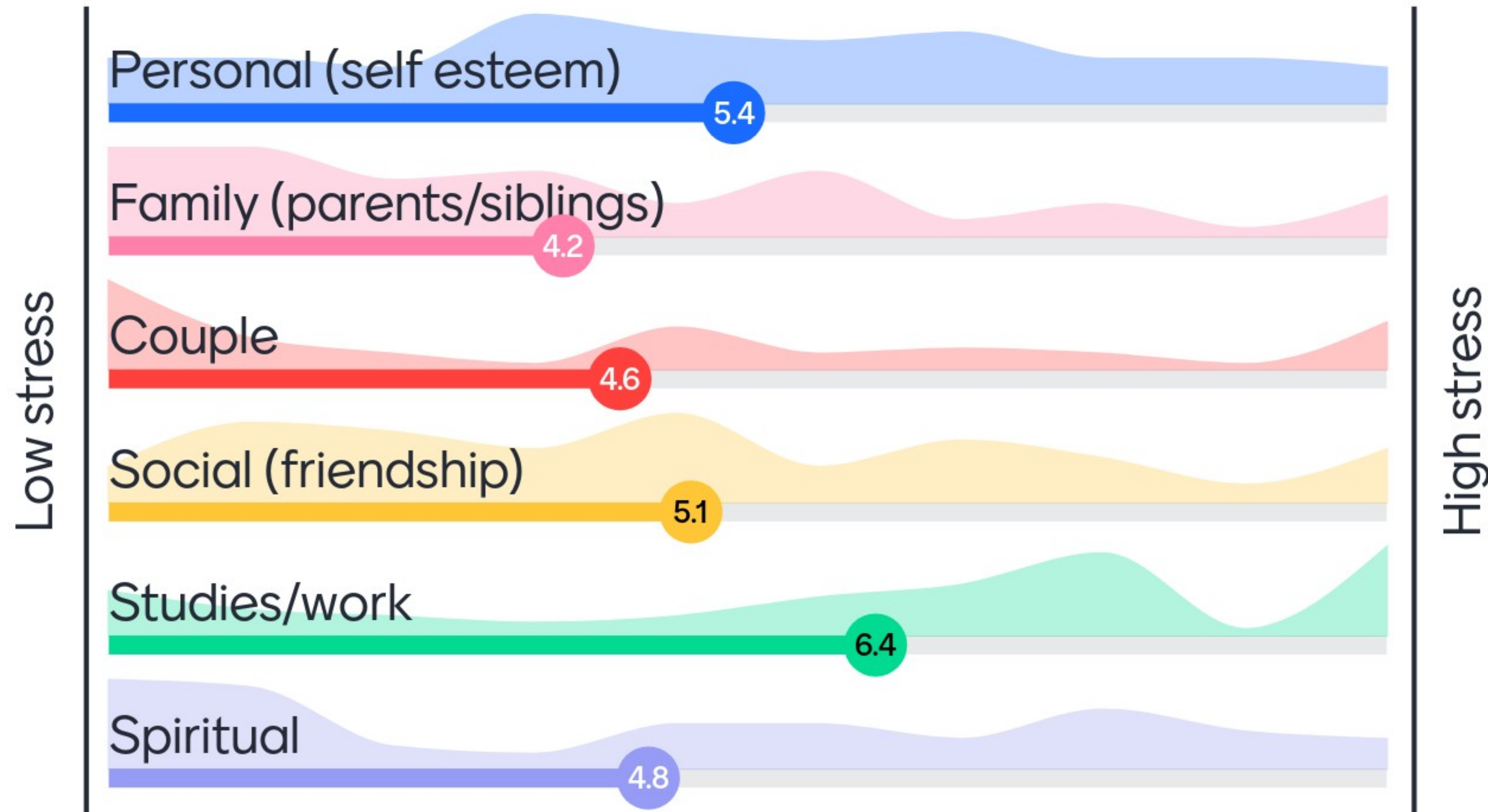
Not be able to sleep

# Covid - level of stress (1-10)





# Covid - level of stress (1-10)



# Covid - Most negative impact on your personal life

relationship with my friends, hanging out

trust issues and constant feeling of loneliness and deprivation of my qualities

being more insecure

anxiety

There wasn't really a negative impact I used the covid period to boost my confidence and self esteem

more lazy

Social restrictions

not believing in myself

loneliness

# Covid - Most negative impact on your personal life

feeling of uncertainty

eating/sleeping disorders

losing close "friends", feeling vulnerable and alone, fear of future

I was living in the US and they made me come back without saying the proper goodbyes

frightened of being with others

Feeling of loneliness and dissatisfaction

A sense of constraint and limitation

being able to see close ones only online

Despairing



# Covid - Most negative impact on your personal life

depression

loss of appetite and will to do things

Many businesses are stopped

I get even more comfortable with me introvert

How it has affected my relationship with ballet, which before Covid represented the only way I had to release stress and be myself.

I don't think that Covid had negative impact on my life.

depression

Laziness, insecurities, untrust

My insecurity is increased

# Covid - Most negative impact on your personal life

Interfered with when I went to University

It stopped my after high school plans

isolation caused me anxiety

feeling insecure

Not be able to see friends anymorr

insecure about my future

low self-esteem

Cutting of experiences

caused panic attacks

# Covid - Most negative impact on your personal life

losing contact with people while getting it more and more with myself

My mental stability and my perception of life got a huge shift. Also the difficulty to go back to normality and be at ease in social context. Optimism and hope also decreased

loneliness

I became more uncertain about my future.

It made worse my eating disorders and made me have trust issues. Who knows I won't have my friends near anymore as during lockdown?

Feeling of loneliness and feeling like "angry" for a time that will never come back

Excessive overthink due to the amount of free time, besides not being able to do the activities that usually helped me de-stress

anxiety and distrust in the future

insecurity



# Covid - Most negative impact on your personal life

I lost many people (both for death than others). Loneliness. I changed environment many times (education)

Lack of trust

sense of uncertainty and less motivation

loneliness, uncertainty, anxiety, laziness

Procrastination

increase in insecurity

Not being able to do all the things I did before

fear of the future

Caution everywhere and for everything you do

# Covid - Most negative impact on your personal life

the inability to go out from my house and to get distracted by stuff to do during the day, because at home i have difficulties in finding my own space and interests, i prefer being surrounded by people

Nothing(?)

Lossing two years of my life

helplessness, we could not do anything to solve the problem

Sense of apathy

The waste of time

not being free

constant unjustified anger

I am afraid that the pandemic took me away the learning of some fundamental skills in order live in the real world

# Covid - Most negative impact on your personal life

No able to make experiences

anxiety, irritation

apathy

I developed social anxiety

not be able to stay alone with myself sometimes and need of human contact (before it was the opposite)

Feeling vulnerable and burnt out

start to like being alone and now experience issues meeting new person given the fact that before i was friendly, i felt like it been taken away a part of my personality

Lack of attention during online classes

none, actually is started to like study



# Covid - Most negative impact on your personal life

I studied university later because my life plans changed because of covid

lack of motivation

delayed my start

lack of motivation and focus

online classes made me less interested and motivated, i started following them from the bed and not paying much attention

the inability to go out studying somewhere else from home, difficulty in concentration, lack of motivation,

teachers not prepared for such challenge, they had no boundaries

We always take for example COVID in almost everything in school. If it's part of a crisis why should I deal with it so soon? It also made me not understand if I'm really capable of studying or not

difficulty to properly search and visit university to find the best option for me

# Covid - Most negative impact on your personal life

stressful

strenght

courage

I was already living in a small town and had few possibilities,  
covid deleted those too

courage

perseverance

i had to go to a psychologist by myself in the last year of  
high school. i'm actually searching for someone now. there  
should be a free one of the university but there are lot of  
people and the first appointment is given after months

hope

persistence

# Covid - Most negative impact on your personal life

Not giving up



# Covid - Most negative impact on your studies

lack of motivation

non-motivation

Professors expected more since we couldn't go out much

focus

Lack of social interactions, which made the high school experience worth it

study for others not for myself

Difficulty to concentrate

Too much time on screens

No motivation

# Covid - Most negative impact on your studies

Studies were difficult because everything was online and I wasn't accustomed to it

being online, I did not feel like studying because school became "abstract"

Lack of attention, no interest anymore

can't focus anymore, super de concentrated and unmotivated. I hate zoom classes

lack of interest, the tendency yo postpone things

focus

Difficulty to focus and no motivation

Quality of studying and desire to study

no motivation

# Covid - Most negative impact on your studies

Lack of attention during online classes

no social interactions

more stress

Focus

Self-teaching due to lack of proper planning coming from my professors

Lack of social contact

they lost a bit of meaning

Huge lack of attention, motivation and interest. I think that the main part about being in school is sharing that experience with your classmates (debating, talking...), and Covid totally removed that part of the education.

unpopular opinion: I had more time to study and despite being stressed, I got more involved



# Covid - Most negative impact on your studies

lack of concentration, professors not trusting students because of online tests

feeling more stressed because professors were more strict while not changing their way of teaching

lost of motivation

I had a reduction of attention because of staying in my room all the time

I am always distract, not only in the study

I lost the two last year of high school, the one where you should bound and make the most memories. Online classes didn't give me the possibility of being fully present

Lose of motivation

The lack of sleep caused by covid stress, influenced my concentration ability not letting me focus. Personally, online classes weren't for me. I got used to it just now. Also group interaction got lost, too

Felt like lessons weren't mandatory anymore

# Covid - Most negative impact on your studies

loss of enthusiasm

relationships became colder between students and teachers

I tried communicate with university's psycho but they didn't answer..

No negative impact for me. More time at home meant more time to study

lack of attention and no-motivation

endurance

Empathy

again, i really, also if i didn't like that much the organization, i enjoyed online school because i started to study and was more focused

Motivation

# Covid - Most negative impact on your studies

Getting involve

Friends



# Resilience - write 1 Word

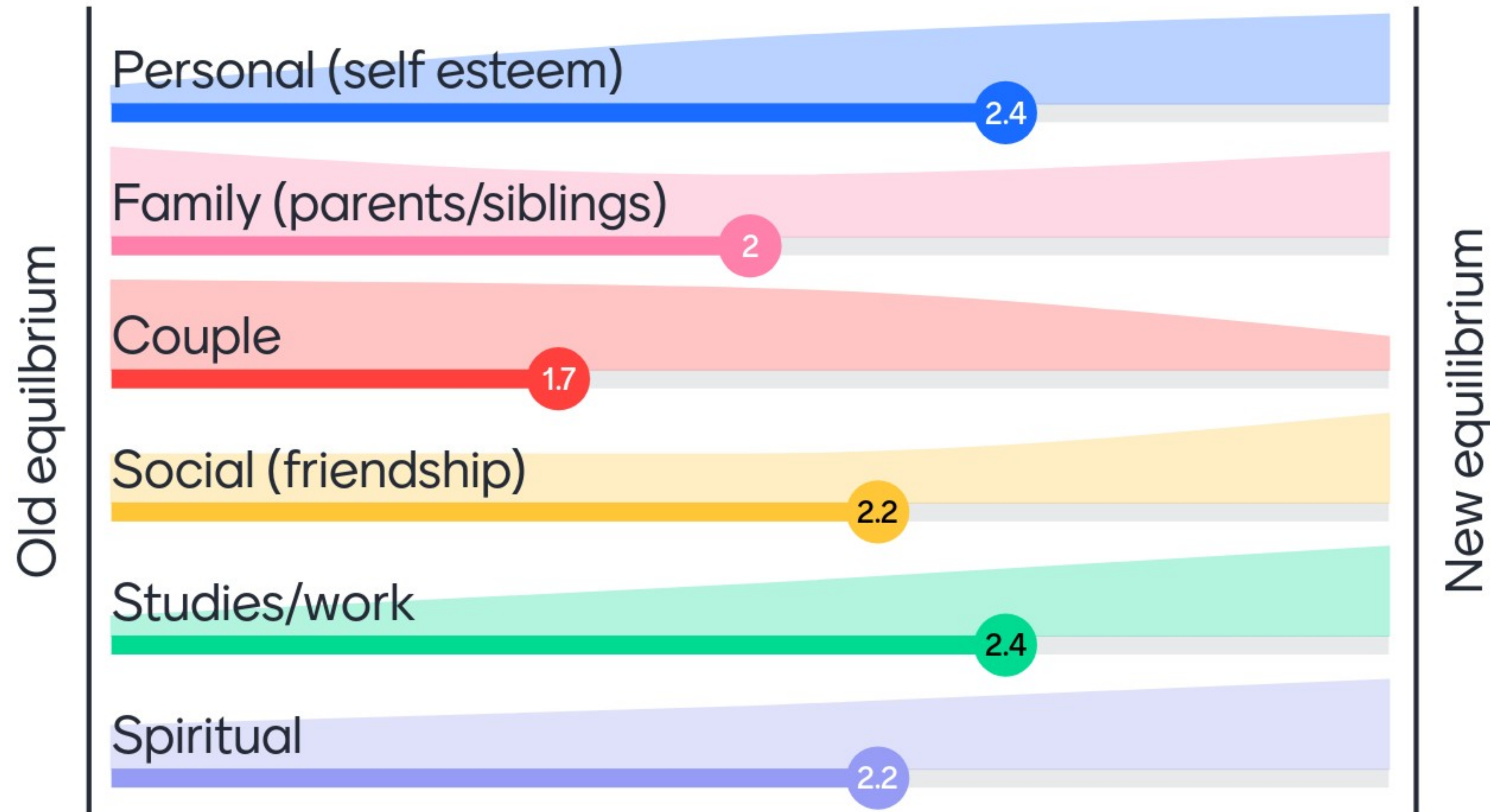




# Resilience means be capable of creating a new equilibrium point

- Existing equilibrium is disrupted by the uncertainty
- We decide to go back to the old equilibrium point
- We decide to move forward towards a new equilibrium

# Covid - old or new equilibrium?





# Covid - Most positive impact on your personal life

Time to bond with family

working on myself

None

Started to learn more about my mental health and emotional intelligence

More time to work on myself

rethink importance of everything

Had enough time to workout

Stronger reconnection and will to stay around people

change in character, more friends

# Covid - Most positive impact on your personal life

i became passionate about studying

rely on myself

reflect on my life, think about improving myself

I had the opportunity to know myself better and to focus on my growth

increase in self-discipline and organization skills

there is not

Spend time with my family

personal growth and reassessment of choices

i learned to be alone

# Covid - Most positive impact on your personal life

time to bond with family

learning how to play the guitar

Found my self

cherish moments, know myself

I started to get involve myself in different experience that can help me

Had the time to focus more on myself, my mental health and worked out more

increased my self-awareness

Feel at ease with one self

I don't think there is one. Yes, I have started a new "equilibrium", but some part of me is still missing my old self.



# Covid - Most positive impact on your personal life

During the lockdown I had more time to persue hobbies that I liked

More relax at home

greater value to the time we can spend with people we care about

I could focus on my insecurities and work on them

nothing

discover parts of me and of the people around me

I understood that I have potentials

More time to focus on my personal studying interests

Time to think about many things, what to do to improve my interior equilibrium

# Covid - Most positive impact on your personal life

Desire to enjoy a moment, traveling

Will to "escape" from home and do every possible experience you can

It made me older on a physical level but I still have the dreams and will to do things better than I had when I was a teen in the pre covid time. I still want to shape the best version of myself and the pandemic is a reason more

started going to therapy and work on myself

I acknowledged the importance of taking care of myself and my mental health, to make it a priority. I have never thought that it could have an impact on my life before this huge crisis

a pause from a frenetic life

covid period helped me to get out of very stressful environment at that moment, I got break and chance to rethink things

Covid gave me more time to spend at home so I could cultivate hobbies and passions since before I didn't have time

To be happy about simple things

# Covid - Most positive impact on your personal life

Working on myself

not taking anything for granted anymore, appreciating everything much much more

Focus on my future

More time to work out

Experience

Started a process of change

I understood that I'm not the half of anyone

More time to spend with my brother

I have the opportunity to review most of my attitudes toward my everyday life



# Covid - Most positive impact on your personal life

positive part of staying alone

It made me dreamt even more

Time to breath again

I changed my value scale, I care more about people and feelings

pause to reflect

No one

start a difficult and painful path of growth that i am still struggling with but i recognize it will affect positively my life

some hidden problems came out so i was forced to face them and i'm trying to became more stable and stronger avoiding ingnoring me

increase in curiosity and self motivation

# Covid - Most positive impact on your personal life

Grades were better

none

Absolutely nothing

opportunity to read more and get passionate about studying

pc skills

I'm uncertain about this right now.

study with friends that don't live near to you

improvement on digital skills

having more time to read and explore the fields I love

# Covid - Most positive impact on your personal life

I wouldn't be in global governance if there wasn't COVID

possibility to reflect about my self and decision to improve my weakness aspects

maybe I understood to live the study in a different way, in a mor healthy way. Before Covid I was always stressed



# Covid - Most positive impact on your studies

None

none

None

None

None

None

none

i defined my passion and chose an appropriate  
path for my studies

none

# Covid - Most positive impact on your studies

i had the chance to improve myself

More time to expand my knowledges and to focus on specifc things

I decided not to give up studying

It was bit easier to pass exams

Grades were better

technological skills improved

I'm able to adapt easier and I've found new time for myself while using online classes

Chance to stay at home with family

more curiosity and self motivation

# Covid - Most positive impact on your studies

i really started liking studying and my grades got higher

I got break and chance to decide where and what exactly I want to study

Willingness to not give up and trying harder

have more time to decide what to do next

maybe just the availability of material on online platforms

opportunity to read more becoming more passionate about studying

Resilience despite the lack of focus

Made me connect everything I study to everything. I can't see only one side of the story. I'm always pushed to acknowledge everything regarding a specific topic

Capacity of adaptation the new ways of studying



# Covid - Most positive impact on your studies

Saving time of commuting to school

I strengthened my motivations

understand of importance of studies (but in practice nothing)

I started to build up my own culture by myself

I "have been" to many museums thanks to the interactive guide tours that have been created with covid

I started using technological devices to study, descivering how useful they can be

organization improved

More holistic approach to study

It s hard to find. When I will find my new equilibrium I will find a positive aspect probably

# Covid - Most positive impact on your studies

Prove to myself what I am able to do

# Session Summary

- What is a crisis, what is the extent of the crisis
- 6 spheres to analyze crisis impact
- What is resilience, old/new equilibrium



# What did you find useful in this session

Very interactive because of the menti

mental health and studies

Interaction with menti allows us to pay attention without needing to talk. And I like the subject

Confrontation

mental health

I think the fact that we related our problems to other people.

I like interactive approach

Interactive learning

Confrontation

# What did you find useful in this session

confrontation

interaction

personal experience

Everyone of us is dealing with mental health related to covid but we never get the chance to speak about it

The possibility to reflect on important topics and share thoughts also privately

liked today's definition of crisis, sth one

That I'm not the only one who found positive aspects of covid

Being able to see statistics

I loved the interactive method, and also discussion about mental health



# What did you find useful in this session

The interactive session to keep concentration high

Polls about changes in our life after COVID

I liked the fact it wasn't a passive class and we interacted and talked about mental health

analyze deeply concepts (i.e crises)

confrontation

addressing our emotions and experiences before anything else

Others point of view on topics that aren't really discussed in normal life, and how differently we've experienced things

loved the interaction

Theory mixed with practice



# What did you find useful in this session

aknowledge that i wasn't the only one that have a different impact on covid than the majority

interaction

Very useful first meeting to get to know each other's better in a "more technological" way. Thank you

being able to express ourselves freely

going deep in these metters

being able to analyze how the pandemic affected me and the people who surround me

Seeing different opinions on actual topics

talking about my problems

find people with the same problems

# What did you find useful in this session

It is important for our growth talking about how we live the experience.  
CONFRONTATION is fundamental to learn

interaction with menti platform and sharing personal experiences in an anonymous way about especially mental health

Being able to analyse situation

The connection between world crises and internal crises, looking inside ourselves to find solutions good for the collectivity

The fact that it was focused on our thoughts and experiences

being open about mental health

learning concepts through exposing our experiences

General overview of possible career after this field

seeing how different people close to me reacted to a mutual experience