

# Disaster Risk Management

M3 - Resilience

# Resilience - 1 word



# Resilience

The ability of a system, community or society exposed to hazards to resist, absorb, accommodate to and recover from the effects of a hazard in a timely and efficient manner, including through the preservation and restoration of its essential basic structures and functions.



# Our individual resilience - 6 spheres

- Personal - Physical and mental health, hobbies
- Family - Parents, siblings, grandparents
- Social - Friends, activities, hobbies
- Couple - Partner
- Professional - studies, work
- Spiritual - religion, meditation

# Personal - Your solutions on physical and mental health, hobbies

Therapy

Meditation

Workout

time for sport

Doing sport

Meditation

changing spaces.

following workout videos on youtube

playing music

# Personal - Your solutions on physical and mental health, hobbies

Yoga

sport

Nothing and I relized too late that I was losing myself.

workout

Workout

spending more time alone has increased my self-awareness

Psychology

therapy with a specialist

meditation



# Personal - Your solutions on physical and mental health, hobbies

Going outside

Meditation

sports and reading

control breathing when anxious, turn off mind  
when doing sport

doing sports :)

Reading

gym at home,talk with my family

Workout and meditation

Having routines in places. Waking up early helped

# Personal - Your solutions on physical and mental health, hobbies

Doing things I have always liked but never had the time to

music

Spend more time in nature

Allowing time for my self and time for family

Day dreaming

Rest from devices

binge watching

Yoga

working out outside and read a lot of books



# Personal - Your solutions on physical and mental health, hobbies

rearranging room

Changing spaces

Listening to music

knowing more about the others

going on a walk open air

Working out at home made me work out more, since the gym makes me anxious.

strict routine

regular workout on facetime with friends

I used to practice gym exercises. I t was a way for throw away stress

# Personal - Your solutions on physical and mental health, hobbies

Music

Walks in nature

Yoga

Music and work out

reading

I did 2/3 workouts per day, and watching many movies that I normally couldn't see during normal life

do only what makes me feel good and not waste time with pointless activities

Got closer to God.

Watching videos on YT

# Personal - Your solutions on physical and mental health, hobbies

going out for a long walk

working out

reading books

more time in the balcony

Finding motivation

Breathing exercises

I ran a lotI played for the first time piano

therapist

I haven't recovered yet.. I tried focus mostly on myself. My hobbies were to be held outside, I couldn't for environment change



# Personal - Your solutions on physical and mental health, hobbies

Overwork in order not to think

reading, going outside

Exercise not only improves physical health but mental health too. Exercising reading and incorporating more hobbies improves both physical and mental health

Workout

Stop comparing yourself to others .

more time to watch movies and tv series

make music

reading

lists of things I wanted to do once we could get out, that kept me going

# Personal - Your solutions on physical and mental health, hobbies

therapy

At the start nothing. After some time psychology

establishing little goals to achieve

Trying to keep a schedule to keep my days structured

rewiring thought patterns

Open communication with family

good sleep

Music, spending time with family

long and good sleeps

# Personal - Your solutions on physical and mental health, hobbies

workout and spend more time outside

listening to music, working out

I discovered myself and realized that some people in my life were not good for me

spend time with my family

Organising activities in my ex school

soccer

Start writing a diary

online games with friends, new opportunities to pass time together

sleep less eat more



# Personal - Your solutions on physical and mental health, hobbies

watching disney channel

communication and activities together

theme nights in the evening for dinner

cooking all together

even if we were in the same house we had privacy

playing games or watching films together at the end of the day

house party app

FaceTime, calls, video chats to cook together

dms

# Personal - Your solutions on physical and mental health, hobbies

every day at 7 we met on house party

spending more time in nature

sharing playlist

no comment

study in FaceTime with friends

# Family - Your solutions on relationships with parents, siblings and grandparents

Communication is key, express your feelings truly

communication

Give them time. And find thing in common like cooking or playing card games going for walks

Communication

Living alone

spend as much quality time as possible

Be far

more communication

Help each other



# Family - Your solutions on relationships with parents, siblings and grandparents

respecting privacy

Found hobby that all of us share

communication

Personal space

therapy

Doing activities together that we never did before because of each one's busy schedule and life

Nothing particular

More time spent together

cook together, do many activities

# Family - Your solutions on relationships with parents, siblings and grandparents

respecting boundaries

Saying about my concerns

Creating moments during the week about quality time with my family since we were spending so much time together

establish personal areas

respect

communications and activities together

watching movies together

Communicate

start doing some hobbies and activities together



# Family - Your solutions on relationships with parents, siblings and grandparents

trying to help

Maintain both communal and separate activities

spending more time together but having their own space

communication, although only one-sided

communicate

watching films together

I was alone

Living separately

find common grounds



# Family - Your solutions on relationships with parents, siblings and grandparents

Communication

consistent communication while also maintaining healthy space apart

Communication

deeper understanding of each others needs

Learning when to give someone space

Adopted a cat

spent holidays together

Communication and doing things together

Understanding it's hard for everyone, not just for us

# Family - Your solutions on relationships with parents, siblings and grandparents

Talking

Listening to each other

Putting down the phone and try to communicate as much as possible

family activities

mutual understanding

trying to understand other's point of view

Respect each other

be separated

do things together but also dedicate some time to stay alone

# Family - Your solutions on relationships with parents, siblings and grandparents

Communication

Trust

learning how we relate

Virtually meet with friends

FaceTime

face time,virtual dance lessons

video call shopping together in the supermarket

more free hours to study

running



# Social - Your solutions on relationships with friends, cultural activities, social hobbies

houseparty

Facetime/zoom meetings

Still a mess

video calls

online games together

houseparty

Regular netflix party

houseparty video calls>>>

video calls

# Social - Your solutions on relationships with friends, cultural activities, social hobbies

travel together

share experiences and inclusion

Videocall

Zoom and video calls

video calls

facetime

Videocalls

building connections with friends that surpass the superficial to encourage emotional bonds through vulnerability

netflix party

# Social - Your solutions on relationships with friends, cultural activities, social hobbies

video calls

videocall

Houseparty app

watching movies together

Watching series together through Netflix party and doing zooms

Chatting in social networks

sending gift by delivery

chatting a lot

Face time



# Social - Your solutions on relationships with friends, cultural activities, social hobbies

Playing games online worked for my friends, not for me though

houseparty

I could not find any solution, it was hard having social relationship based on digital contact

Online games together, outside experiences

online games

Phone call

Just check on your friends more . A simple call might do wonders for them .

Video calls and will to stay together even though we were apart

quality time

# Social - Your solutions on relationships with friends, cultural activities, social hobbies

Museum

Long calls

video calls or also online games to play together

Video call

party on zoom

good communication.

find common interests

Being more selective with friends and having hobbies to do together in distance: like working out at the same time or watching the same series. More walks or activities outside and we still keep them

I took advantage of the moment to improve myself in many aspects, such as culturally and physically

# Social - Your solutions on relationships with friends, cultural activities, social hobbies

Chatting

enjoying time alone

Doing more activities together such as video games, facetime, watching movies band hanging out together

Texting

phone call

Videocalls

dialogue

communication

Online games



# Social - Your solutions on relationships with friends, cultural activities, social hobbies

Loving yourself first before loving someone else

reciprocal trust

# Couple - Your solutions on relationships with partner

being single is the key

being single

vulnerability

Single check

videocall

communication, share interests

online duo games

break up

It became a distance relationship and it didn't help because the other person was very anxious because of covid

# Couple - Your solutions on relationships with partner

Love

communication

Communication

Struggle to do normal activities

dialogue

no relationship on the horizons. Surely it was impossible to date

being single >>>

Being single

break up



# Couple - Your solutions on relationships with partner

Going out together

Break up

Better understanding

Being single is the way

Watching Online movies together, more phone calls

Loving yourself first before loving someone else

online love

communication and meditating together

Therapy

# Couple - Your solutions on relationships with partner

Single

being singlee

talk continuously

listening more, even when I consider that opinion not very useful

Stay single until the situation stabilizes itself

being active with one another

Find motivations

break up

Key thing is to be open to a partner

# Couple - Your solutions on relationships with partner

communication, watch movies at the same time

Patience

single

Being single

going on regular dates

ditching

Conversation

Single

strong communication and a strong trust foundation



# Couple - Your solutions on relationships with partner

a lot of video calls

plan things to do together

Realizing toxic traits became more difficult because of the need to feel some type of company

Lack of transparent communication led to heartfelt(?) break-up

be a monk

Single

Need for deeper and better understanding

it was terrible

working through issues together with support and empathy

# Couple - Your solutions on relationships with partner

Living with partner

celebrate little things

Just immerge into it

Self-awareness

wake up early, dress up as if to go to school

Better concentration

Practice yoga

Practice yoga

# Professional - Your solutions on your studies, your work

online

strict self-discipline

more time to organize study, notes, time to sleep

Getting to know your classmates in order to truly create a connection

keep studying in video calls with friends

Self-teaching skills got better

Last minute pressure

putting personal goals

time to rearrange notes



# Professional - Your solutions on your studies, your work

Coursera and online classes other than my school were very helpful and motivated me

To study online with friends

Resisting everyday knowing that June would have arrived soon

Better time management organization

better time management between work and study

Keep yourself motivated

self improvment

need for good grades motivated me

set small goals to achieve satisfaction. study resilient and disciplined. a healthy and balanced mind is key.

# Professional - Your solutions on your studies, your work

study group

having goals

Implementing routines

Spend a lot of quality time with myself,  
doing things that I enjoy in order to get at  
least a little time to focus studying

To divide time for study and for rest

discovering useful online tools

New ways for studying

Choosing the proper place to study

vide call with friends, study on the terrace



# Professional - Your solutions on your studies, your work

Self-awareness

Be dedicated

need to keep something stable in my life

A take-back to the main motivations for my  
cultural development

self improvement

study groups

study in group

Study group

Online



# Professional - Your solutions on your studies, your work

Changing environments for  
studying/classes

Resisting instead of giving up, at least for  
this period

Online notes

think about long term goals

video calls together to study

Group studying online

A very desired goal to achieve

studying every day to not have a lot of work  
to do at the end

flexibility

# Professional - Your solutions on your studies, your work

make up for what i had left behind

study in the balcony, in contact with nature

Being able to study in different places

studying with videos, friends and helping each other

Studying open air

prayed more

creative ways like flashcards and change study times. Lots of variation to not get bored !

Google doc notes implementing digital skills

Nothing

# Professional - Your solutions on your studies, your work

Listening to heavy metal music through  
headphones, look at sunset, go to the  
beach, sea is a calmer



# Spiritual- Your solutions on religion, meditation

Religion should stay as an intimate matter, so alone time meditation is truly key

atheist

spent time alone, thinking

Mental breakdown,;)

Finding new ways to heal my soul, unrelated to religion

pray with my family

find inner balance, by yoga meditation and self reflection. Only with a healthy inside, we can be healthy towards the outside!

journaling

Prayed more

# Spiritual- Your solutions on religion, meditation

i converted

praying alone

Reviewing my system of values

keep in touch with myself through music and journaling

10 minutes at the end of the day only to breathe

Power yourself inside

pray at the evenings

Practice yoga

did not do anything different actually

# Spiritual- Your solutions on religion, meditation

existential crisis

listening to music

music helped me reflect and meditate

Drawing

a lot of thinking

spending time in nature

listening to music

Since Covid I started to regularly practice meditation to find inner stability. Even mindful walks in nature can be meditation

think about 3 things that makes me happy during the day



# Spiritual- Your solutions on religion, meditation

Stay in contact with nature

philosophy books

writing down thoughts

I saw quarantine as a chance to do more things so  
I have to be grateful

Went to church

Music

There is no solution, every religion is different .  
Rather, try to Be one with yourself.

Taking care of myself and my body because I  
realized I mattered

Keep praying

# Spiritual- Your solutions on religion, meditation

Learning new meditation to sleep. I learnt that consistency in meditation made me see the things I had to be grateful for

dance

sorry but during covid I found zero solutions to these matters

Poetry

Talking out loud my faith to remember what I believe in.

drawing

Yoga

pilates

Family praying once a week

# Spiritual- Your solutions on religion, meditation

Drawing

Reading Jung's red book

Buddhist meditation

Silent days connecting with myself

music

Running

Listening to music

Podcast

Walks and contact with nature



# Spiritual- Your solutions on religion, meditation

Doing origami

cut a moment of the day in which you can  
connect with yourself and develop faith

Sleeping can

Yoga, Journaling, more time in nature to calm  
nerves. Self-help books

music

do the puzzles, walk in nature

Justin Bieber music

reading Dostoevskij

Put on paper all concerns

# Spiritual- Your solutions on religion, meditation

spend some alone time in silence

Listening to music saved me

Walking with nowhere to go

Swim alone in the sea, at sunset or at dawn when there is nobody around

Listening to my inner voice.

Learning to play a new instrument

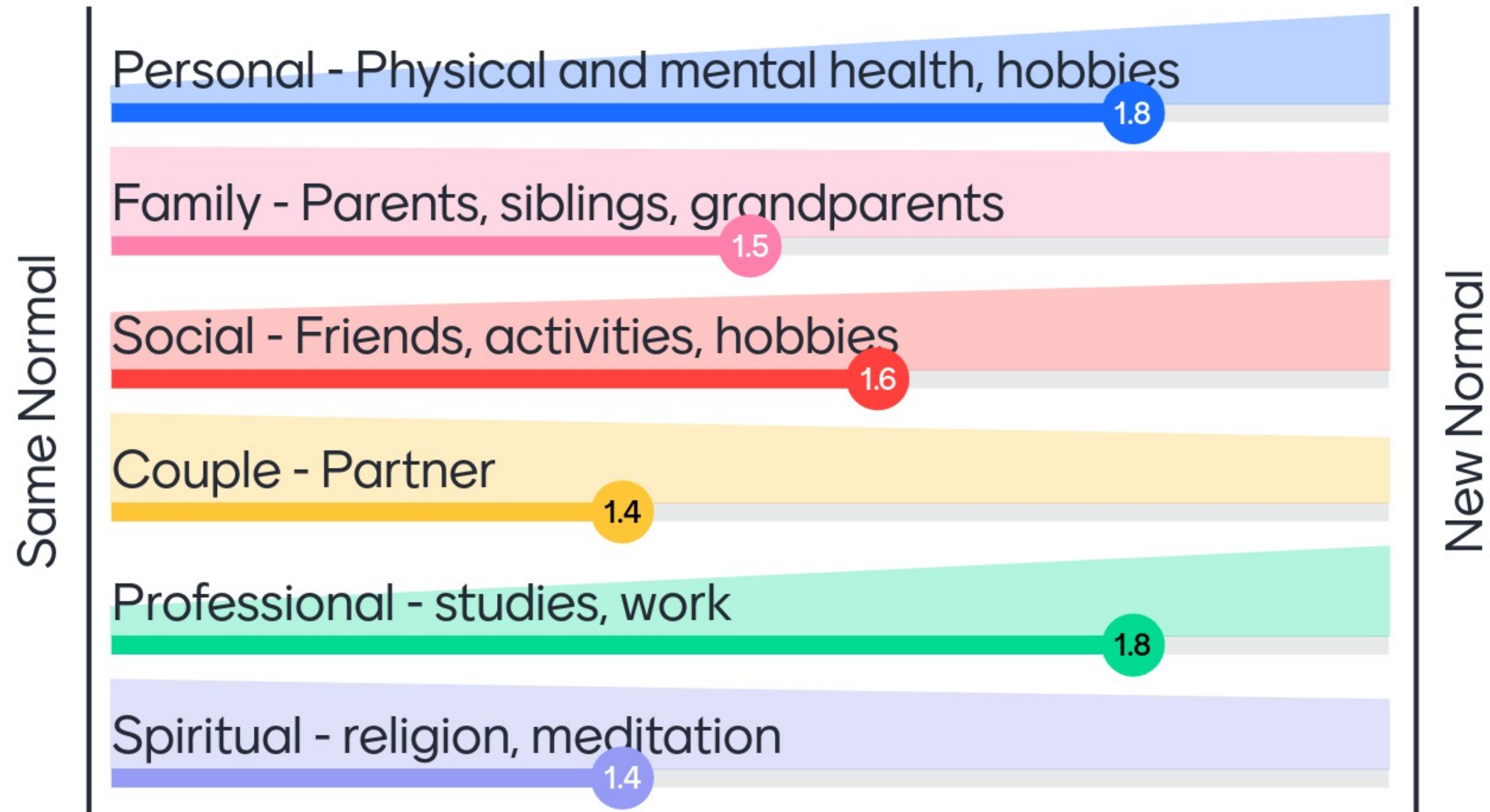
Reading

Listening to heavy metal music through headphones, reading, look at sunsets, go to the beach, sea is a calmer

Prayed with family and during Crisis everyone in my area go up to house and recite and voice of reciting from everyhouse make great connection



# Resilience Type

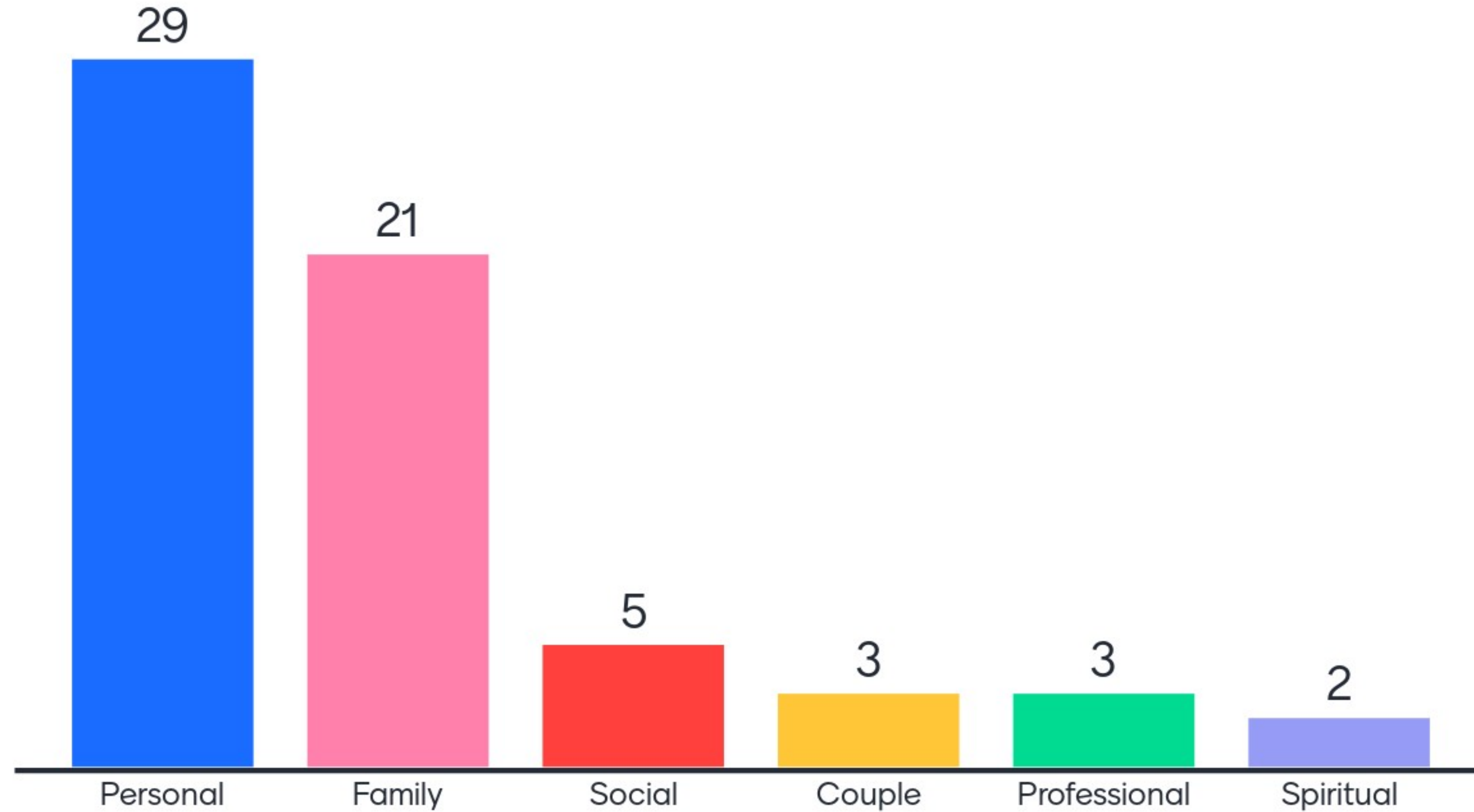




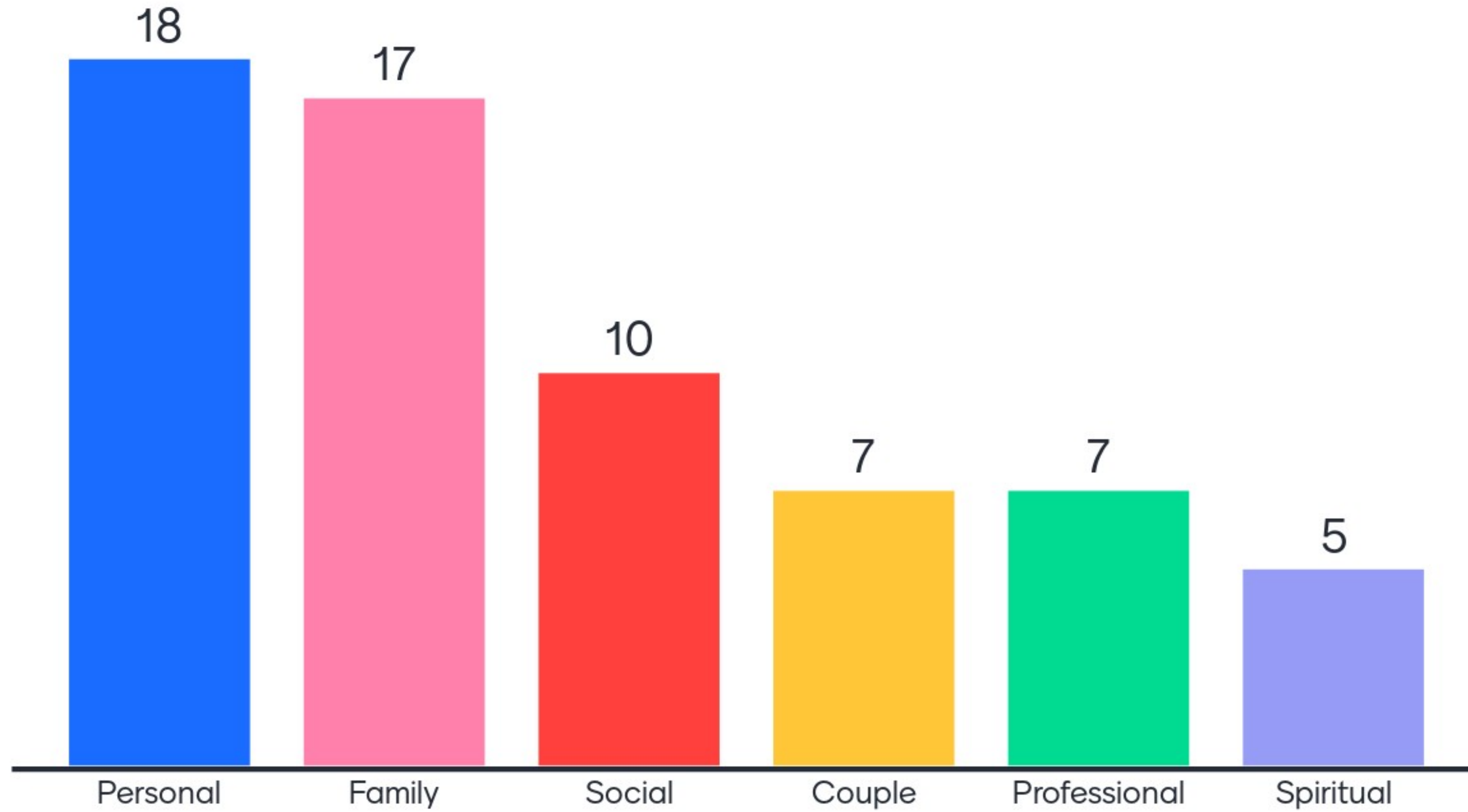
# Priorities among our spheres

- Security: plays a critical role, can impact other spheres
- Confidence: is the one we rely on most in crisis
- Comfort: all the other spheres, they make our life better

# Your Security Sphere



# Your Confidence Sphere





# Session Summary

- Definition of Resilience
- Types of Resilience
- Your resilience

# What did you find most useful in this session?

Seeing that people found a way to cope with the covid situation

Clear definitions

the final interactive session

apply theory to my life experience

have a better understanding of what is resilience

interactive session

I feel depressed now

to go deeper on this topic

Everything was extremely interested, especially the end!

# What did you find most useful in this session?

Realizing we were all on the same boat

Concrete examples

Introspection

The mix of theory and interaction is impeccable

Comparing my experience with others

alternating theory and practice

the possibility to express my opinion on these particular topics

what others found useful for the spiritual sphere

how I adapt myself during pandemic



# What did you find most useful in this session?

I liked the 1st part of the lecture it was interesting specially how it was connected to the mentí question. I like your lectures as they go wide and then come to a personal levels

this is the best course i did in gg

emotional interferences

It was very interective

i like that it makes you come to terms with yourself! and it makes u understand the own inside better, which is not usual for university. i love that it is so interactive.

Learned more about the topic

Sharing solutions from different spheres of life

Introspection

get to know that resilience happens not only in our Planet but also in ourselves

# What did you find most useful in this session?

The division between type 1 and 2 of resilience, I think it's an important difference

Share ideas

exchange our personal ideas

- enlightening - very relatable to other's experiences

Being able compare with concrete solutions adopted by my peers

awareness

Talking about resilience on personal issues

Raising self-awareness

see others' experiences

# What did you find most useful in this session?

Menti question

effective, organized and introspective

Way of interaction

Knowing we're pretty much in the same boat and answering to these questions makes me think more realistically

The broad definition of resilience because it made me understand all the different shades of the meaning

sharing of ideas and interactive

exchange of experience gained during covid times

concrete examples

Analyzing causes of damage on the concrete examples



# What did you find most useful in this session?

theories are well explained

knowing that others have had the same "problems"

Emotional

honestly, this is one of the best course I've ever attended, so everything was useful

I loved the contact with reality (case studies in Balkans), maybe we can look for our ideas in solving such cases (further on with the course) I also appreciate a lot the summaries that you put at the end of lectures that help us focusing

theories are applicable in everyday lives

the focus on mental health which is often underrated, i appreciate it in particular because this is a scientific subject

I really like the concrete examples given during the theory part, since you connect something "abstract" as resilience to real events

opinions of the students are heard

# What did you find most useful in this session?

however I would have focused a bit more to the ones that do not feel good with new equilibria that have brought up and maybe try to find solutions

See others experiences