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SPERO News

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BECOMING MORE RESILIENT

Resilience is the capacity to bounce back, in other words to withstand, adapt, recover, and sometimes even grow from difficult experiences and adversity.

When going through an emergency or a disaster, you're exposed to stress and strong emotions that jeopardize your ability to handle the situation well. These stressors could even lead you to make the situation worse.

Under crisis circumstances your capacity to adapt and cope with the situation will directly reflect your level of preparedness.

Beyond your ability to react and manage events effectively, your ability for bouncing back will be directly linked to your level of resilience. The later will allow you not only to recover but to learn from experience and grow, therefore reducing future risk.

You should not see an emergency situation as an insurmountable hardship, but as something you can anticipate and prepare for. Being prepared with the right knowledge, skills and equipment will not only help you survive these situations but thrive.



Surviving is just not enough!

Build your resilience

Some of us have a natural capacity for resilience and are able to face difficulties without lingering on the negative and move forward. Others might not have these qualities by nature, but they can work on it.

The good news is that resilience is something that can be developed.

Your level of resilience is made of genetics, personal experiences, social environment and situational context. Here are the key elements to build your individual resilience capacity, following them will help make you feel more confident, more in control and better able to be reactive, efficient and hopeful, in times where so much seems out of control.



Develop your individual resilience

Develop your situational awareness.
Assess your living environment and your personal needs.

Focus on what you can control.
Don't dwell on what you can't change about a situation.

Stay in the present moment.
You can't change the past but can learn from it, you can't predict the future but can prepare for it.

Combine optimism with realism.
Look for opportunities to grow and progress even in the toughest times.

Own everything you do.
If you don't own your mistakes, you can't own your successes.

Be proactive.
Don't ignore your problems face them without procrastinating.

Take care of yourself.
Maintain a balanced diet, ensure good sleep quality, practice physical exercise and partake hobbies.

Stay informed but not obsessed.
Maintain a level-headed perspective: facts vs. rumors or opinions.

Improve your social connectedness.
Build strong connections with your loved ones and actively support each other.

Develop a sense of purpose.
Align your purpose and values, commit to a meaningful mission.

Set personal step-by-step goals to look and move forward.
Achieve these goals and enjoy a sense of accomplishment and purpose.

Empower your community



Human beings have a fundamental need for social connection to thrive, which explains why people are naturally willing to help each others in the aftermath of a disaster.

It's an inherent response directly linked to both our psychological and physical health.

Connecting and developing a positive relationship with your local community is crucial for increasing common disaster resilience.

It is important to know the skills or equipment that each one might have to help others. Its is crucial to be aware of specific needs and vulnerability to hazards some others might have (disabilities, medical issues, age). This is the first step for community capacity building to improve autonomy in time of crisis when immediate actions are required and local authorities are overwhelmed.

Environment awareness

Understanding of local risks and hazards

Active communication

Ability to share important information and updates

Capacity for self organization

Assessment of knowledge, skills and equipment

COMMUNITY RESILIENCE

Social connectedness

Get to know each others, foster interactions

Common preparedness

Build a basic emergency plan with neighbors

Empowerment

Enhance capacity building and autonomy





Prepared individuals and families are more resilient

Power outages, natural disasters or other hazardous events, you know that it can happen and directly impact you. You know that there are some things that you can do to overcome the situation.

Be proactive, transform intent into actions: start with an assessment of your needs, make a simple and realistic plan, build a kit, improve your emergency preparedness knowledge and skills. You will grow your perception of control and therefore maintain a hopeful outlook.

Join the SPEro's community and empower your capacity to handle uncertainty.

Success is not final, failure is not fatal: it is the courage to continue that counts.
Sir Winston Churchill

BECOME A SPERO!

A **SPE**ro is the Project SPE 'hero' of the family.
The person who is in charge of the emergency planning for their household.
We combined SPE : Safe, Prepared Equipped with Hero.

Join the SPEro community on our FB group
www.facebook.com/groups/safepreparedequipped

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