



Psychological Resilience for Responders

Adaptive Thinking You Can Use in the Field



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Why This Matters

- As a responder, you work in high-pressure and unpredictable conditions.
- Psychological resilience helps you stay focused, emotionally balanced, and effective—during and after emergencies.



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What Resilience Means in Resilient Responders

- Resilience is not something you either have or don't have.
- It is a set of skills you can learn, practice, and strengthen over time.



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Key Skill 1 – Adaptive Thinking

How you think about a situation shapes how you cope with it.

- Notice unhelpful thoughts
- Reframe them realistically
- Focus on the next controllable step

▣ *Example:*

“This is too much” → “This is difficult, but I can manage the next step.”





Key Skill 2 – Realistic Optimism

Realistic optimism means:

- acknowledging risks and limits
 - while keeping motivation and hope
- It helps you stay engaged during long and demanding operations without denial or false positivity.



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Key Skill 3 – Team and Social Support

You are not meant to cope alone.

- Rely on team trust
 - Share experiences when needed
 - Support others without judgment
- Strong teams protect individual resilience.



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Key Skill 4 – Meaning and Values

Values such as duty, responsibility, and compassion:

- give strength in difficult moments
- help you continue when outcomes are uncertain

Meaning sustains resilience.



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How You Use This in Real Situations

These skills help you to:

- manage stress during operations
 - stay mentally grounded under pressure
 - make clearer decisions
 - recover faster after difficult events
- They are simple, practical, and usable in real time.



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What You Gain as a Participant

By applying this practice, you can:

- strengthen psychological resilience
- reduce exhaustion and burnout risk
- remain effective and committed as a responder

Clear. Practical. Built for real responders.



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Adapted from:

- Southwick, S. M., & Charney, D. S. (2018). Resilience: The Science of Mastering Life's Greatest Challenges (2nd ed.). Cambridge University Press.
- <https://dokumen.pub/resilience-the-science-of-mastering-lifes-greatest-challenges-9781009299749-9781009299725.html>



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