



The Road to Resilience

Everyday Strategies You Can Use as a Responder



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Why This Matters

- In disaster response, resilience is not built in one moment.
- It grows through daily choices, habits, and actions that support coping and recovery.



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Core Idea

- Resilience is a process, not a fixed trait.
- It can be strengthened through simple, intentional behaviors—before, during, and after crises.



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Key Principles for Responders

The APA framework highlights practical ways to build resilience:

- Make connections – rely on colleagues, family, and community
- See crises as manageable – difficult, but not permanent
- Accept change – adapt when plans must shift
- Move toward goals – take small, realistic steps



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Staying Active and Engaged

Resilient responders:

- take decisive action instead of avoidance
 - keep perspective under pressure
 - look for learning and growth after adversity
- Action supports confidence and control.



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Mindset and Self-Belief

- Maintain a hopeful, realistic outlook
 - Trust your ability to cope
 - Avoid catastrophizing
- Confidence grows through experience and reflection.





Self-Care as a Professional Skill

Taking care of yourself is not optional.

- rest and recovery
 - basic physical care
 - moments of pause and mindfulness
- Self-care sustains long-term performance.





How This Helps in the Field

Applying these principles helps you:

- cope with stress and uncertainty
- remain engaged during long operations
- recover more effectively after difficult events

Resilience builds over time.



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What You Gain as a Participant

- practical tools you can use daily
 - stronger coping habits
 - sustainable resilience for demanding roles
- Resilient Responders grow through everyday action.



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American Psychological Association. (2014). The road to resilience. American Psychological Association. <https://www.apa.org/topics/resilience>



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