REDUCE FEAR - INCREASE RESILIENCY

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Abstract

The world is full of many cultures, religions and types of people and throughout time they have experienced many different occurrences of disaster, crises or other happenings that have impacted their lives in one way or another. Regardless of what time in history individuals lived or their community location, all people share a set of scientifically identified common fears: Death, Insignificance, Chaos, Clarity, Outsiders and Truth.

When these fears are not addressed or left to fester unchecked, they can harm a nation, community and an individual, making it next to impossible to address these fears when a major crisis, emergency or disaster occurs. People won't be able to respond to situations in a reliable manner because they haven't had their fears addressed; thus, creating chaotic situations when unexpected events occur.

The ability for people to respond effectively to unexpected events comes down to their level of resiliency; their acquired awareness and knowledge of what to do when situations occur. This only happens when they become part of the resiliency building process, which can be addressed by focusing on people's fears and involving them – and their communities – in the resilience building process.

By government, communities and organizations reducing people's fears by involving them in the hazard identification phase, planning phase and response phases of resilience building, a stronger resiliency mindset can be created.

This presentation will look at examples of what resiliency planners from government, community and organization levels, can do to reduce fear and increase resilience.

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