

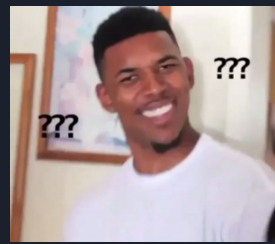
Resiliency



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Resiliency? What's that?



- ★ Resilience is a trait, process, and an outcome (Southwick, 2014)
 - Ability to recover and grow from difficulty and the results of that(bouncing back)
 - Never breaking despite exposure
 - A process to harness resources for well-being



Brief Origin of the Concept of Resilience (McAslan 2010)

- ★ Term first introduced in the early 17th century
- ★ No record of scholarly work about resiliency until 18th century
- ★ Robert Mallet used this term to measure and differentiate ship materials
- ★ Mallet developed a measure called the “Modulus of resilience”



Degrees of resilience (Southwick, 2014)

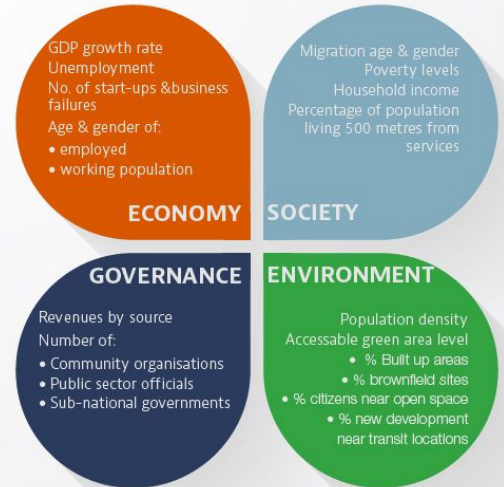
- ★ Biological factors
- ★ Psychological factors
- ★ Social factors
- ★ Cultural factors



How do we measure resilience? (Langston 2015)

- ★ Comparing and contrasting materials
- ★ Measured through improved well being
- ★ Using indicators to explore resilience

Measuring city resilience



Cool. So what's your definition?

- ★ “Bouncing forward” to move on after a disaster or problem but not always returning to the original state
- ★ How a degree of resilience that stems from the changes that come from a disaster can become better or worse.
 - Bouncing back does not really consider the changed reality that accompany disasters and difficulties.
 - Bouncing back to original state may not be possible if removed too far from original state.



Alright. So why does any of that matter?

- ★ Resiliency is important for a number of reasons
 - There is always going to be some sort of problem or disaster
 - It shows that humans and material objects can transform or be transformed into something that may return the person or thing to its normal state or something greater





I guess that make sense. But what has been done to improve resiliency?

- ★ Embracing change
- ★ Taking action now to solve problems



My proposal moving forward

In life there are always going to be hardships or diversions in one's path in life. It is okay to struggle to cope with these difficulties. As long as one is learning from the difficulties and moving forward then people and the world will become more resilient. This is needed for the survival of life. With the increase in disasters and tragedies of all kinds the need for resiliency has become imperative. If we the people of Earth do not become more resilient then we will more than likely cease to exist in the near future. Therefore, we must understand what resiliency is, how to measure it, and why it is important.





References

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