DISASTER RESILIENCE
Through Women’s Eyes

Bounce Back
As I kept going – Xmas time was catalytic – wasn’t enjoying anything, flat as a tack and lack of confidence to do anything, had birthday – hated it, ended up putting my hand up to see what’s available, getting counselling, know all that stuff but forced me to deal with it – pulled out of funk, now 80% and a little bit of spark.
You can be prepared and if stuff goes wrong, resilience = preparation and flexibility.
Refugees, people living in war torn countries = always living with difficulties, what can we learn?

Words
Ability to cope through adversity, survivor, brave, really trying, enduring, fight for life, hope, journey, sadness behind smile, never say never, ups and downs of life, love & family, home, talk, defend, alert, afraid, transforming, confidence – we can deal with this, resilience spectrum, different resilience needed during and after disaster, need individual and community resilience, ability to stay focused, ‘keep calm and carry on’, just keep going, internal peace, resources to fall back on, access to information, friendship, coping when plan goes out the window.

Resilience – What is it?

Different Generations
Different generations = different expectations, people expected different times and dealt with them.
Past generations = silent resilience, life more dictated, coping with change rather than challenging.
Society changes, definition of resilience changes, more control over our lives, more knowledge and power and education, speaking up more, more knowledge rights and responsibilities.
Resilience in families is different to what it was generations ago and they will be different again in 20 years time, do we put our children in cottonwool, in past generations e.g. drought – people walked off, no help was available, last generation lived through major changes e.g. horses to cars, wars, depression years.

RESILIENCE DEFINITION
(Government)
Community resilience refers to the sustained ability of a community to withstand and recover from adversity such as economic stress, influenza pandemic, manmade or natural disasters.
(Source: Victorian Green Paper: Towards a More Disaster Resilient and Safer Victoria 2011.)