



## Developing a "culture of resilience"

Building a “culture of resilience” is one of the most widely applied strategic approaches to prevention and preparedness in disaster management. Resilience is generally defined as the ability to overcome stress and adversity. Implicit in the definition is that the stressful and adverse circumstances are repeated time and again. As such, and particularly in the context of disasters, resilience is perhaps more usefully concerned with being prepared for the next time adversity occurs. Resilient communities are, in a way, an expression of empowerment. A resilient community has mobilised and transformed itself to better control adverse circumstances.

### Applicable to:

Stakeholders: [Norms/values](#), [Individual/collective memory](#)

Disaster Phases: [Preparedness](#)

Types of Actors Concerned: [National civil protection body](#), [Local authorities](#), [Government](#)

Hazards: [Natural hazards](#), [Man-made non-intentional hazards or emergency situations](#), [Man-made intentional hazards](#)

### Recommendations:

- [Develop a personal "culture of preparedness"](#)

### Source

[Deliverable D7.3 "Report on cultural factors and citizen empowerment" \(page 28\)](#)

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