

BUILDING RESILIENCE

Introduction

Resiliency is a vital component of any community; it shows the strength of the community and their ability to bounce back from an event that tries to harm them. During these hardships that natural hazards may cause, my community and I have not allowed the stress or difficulty to overcome our strength and have continuously proven ourselves to be resilient, always recuperating. Without resiliency, a community could crumble, being taken over by the disaster. By teaching resilience and creating an atmosphere in the community of strength, society can overcome the hardship of natural hazards and continue to flourish.

Importance of resilience

Resilience is one of the most important aspects a community can possess; without resilience, there would be no community for people to return to after a natural hazard. Having the ability to be resilient allows you to be capable of coping with the stress and trauma that a natural hazard can bring; for example, if there was an earthquake that destroyed someone's house, a resilient individual would be able to cope with losing their house and be able to find the strength to continue with living their life and rebuild what they have lost. Resilience also is important because it can create stronger bonds in the community as a whole. If someone's house was destroyed in an earthquake, a resilient community would come together and contribute in some way to aid the individual who lost their house, either through donating to a fund to rebuild their house or allowing the individual to stay with them for a few days. Also, resiliency is important to the overall development of a person's character; in order to be resilient, an individual will have to move past a challenging time in their life, and as a result, grow as an overall person and use it to improve your life as a whole.

Developing resilience in my community

Resilience is not something that a community is born with; it is something that needs to be taught and developed with time in order to function correctly. In order to develop resiliency in a community, there are a few factors that need to be present: building connections within the community, prioritizing wellness, and discovering purpose within oneself and their community. It is important to build connections within a community because it creates support systems with individuals that live in the area and experience the same difficulties if natural hazards strike. They are able to connect and relate if a hurricane comes through the community and knocks out

everyone's power in their homes, and they are able to support and encourage an individual through a troubling time. Prioritizing wellness also improves resiliency in a community because it is crucial to have good mental health and self care in order to be resilient. An individual who has mindfulness, good self-care habits, and attempt to avoid negative outlets is more likely to be more resilient through a natural hazard than someone who does not have any mental health or self-care habits and allows negative outlets to overcome them, so educating the community on prioritizing their wellness will overall improve resiliency. Lastly, discovering purpose within oneself as well as the community where they live can overall increase resiliency; helping others in the community through volunteer work, pursuing towards one's goals, and constantly being proactive can all empower resiliency in a community by creating energy in the community where individuals believe they have an impact.

Conclusion

Overall, resiliency is a vital aspect of any community; however, it is something that must be taught and implemented in order to be successful. As an individual, my role in creating resilience in my community is to ensure I am prioritizing my health and wellness, building connections with the individuals in my community, and discovering my purpose within myself and my community, and all of this is to ensure I am capable of coping and empowering others in times that may cause struggle and difficulty for others in my community. As a future educator, it is my duty to ensure I am educating my future students in ways to build resiliency within themselves and their community, so that no matter what is being thrown their way, they know how to cope and bounce back from the hardships. There will always be events that cause stress and difficulty, but by building resiliency, my community and I will be able to remain strong and persevere through the difficult times.

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