

**Floods, Oil Spills, Tornadoes:
*The Psychology Of Resilience!***

Robert Veninga, Ph.D.
Professor Emeritus
University of Minnesota

June 22, 2010 The Psychology of Resilience

**Question One:
How Do We Build Resilient Communities?**

OIL SPILL: Hundreds of Gulf communities

FLOODS: Red River Valley; Langley, Ark.

STORMS: New Orleans, Parkersburg, IA

EARTHQUAKES: Santiago, Chile

June 22, 2010 The Psychology of Resilience

**Question Two:
How Do We Stay Resilient
In Our Personal Lives?**

- Loss of job
- Loss of health
- Loss of finances
- Loss of people we love

June 22, 2010 The Psychology of Resilience

Resilience:

“The ability to ‘bounce-back’ from hardship.”

“The ability to respond **creatively** and with **appropriate speed** to threatening events.”

June 22, 2010 The Psychology of Resilience

To be resilient -

**FOCUS ON WHAT IS
IMPORTANT!**

*Stop the busyness;
Remember the past*

June 22, 2010 The Psychology of Resilience

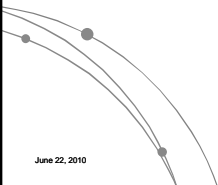
To be resilient -

**“I only need enough courage
to get through one day.”**

June 22, 2010 The Psychology of Resilience

To be resilient -

ASK FOR HELP

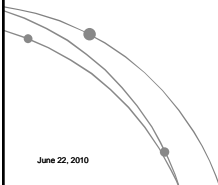


June 22, 2010 The Psychology of Resilience

How do I know when to ask for help?

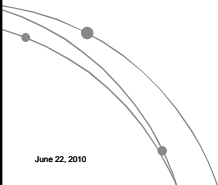
Irritable – short tempered
Feelings of isolation
“I have no options...”

and....



June 22, 2010 The Psychology of Resilience

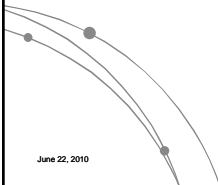

“Why am I surrounded by idiots????!”



June 22, 2010 The Psychology of Resilience

To Be Resilient

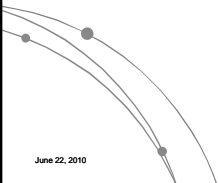
SEND SOME GOOD NEWS!



June 22, 2010 The Psychology of Resilience

To Be Resilient

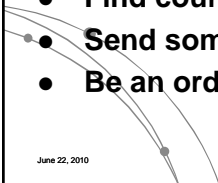
BE AN ORDINARY HERO!



June 22, 2010 The Psychology of Resilience

How is resilience nurtured?

- Focus on what is important
- Ask for help
- Find courage for ONE day
- Send some good news
- Be an ordinary hero



June 22, 2010 The Psychology of Resilience

