RESILIENT COMMUNITIES: Research Context

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Research areas

Resilient communities

- Australian Disaster Resilience Index (ADRI)
- Managing animals in disasters
- Public communication & warnings
- Volunteering
- Child centred disaster risk reduction
- Economic impacts
- Responsibility for risk
- Wellbeing after disasters (ReCap)
Public Information and Warnings

Warning Message Construction: Choosing your words
Key considerations for writing effective warning messages
Skills Spotlight 1 - Mindfulness

Scan your body

- Start by paying slight attention to all parts of your body and notice how they feel. You can do this activity whenever you are standing, sitting, or lying down.
- Starting from your feet, notice how they feel. And then moving up, notice the sensations in your legs.
- Allow your attention to move upwards to focus on your legs and observe the sensations in your legs.
- Bring your awareness up further to your stomach, your chest, and your face. Pay attention to how each part of your body feels.
- Notice your shoulders, face, and notice the sensations in your neck, head, and face. If you notice your thoughts wandering, bring your awareness back to your body scan.
- Lastly, notice your breath as you breathe in and out.

Once you have scanned from your toes to the tip of your head, take a moment to notice any differences in how you feel in your body.
Disasters and economic resilience: the effects of the 2010-11 Queensland floods on individual income

A case study of the Brisbane River catchment area

Celeste Young, Roger Jones, Margarita Krumnick, Greg Christopher and Nicholas Casey
Victoria Institute of Strategic Economics Studies (VISES), Victoria University
Bushfire and Natural Hazards CRC
Communications and warning documentaries