

Natural Hazards Research Australia

RESILIENT COMMUNITIES: Research Context

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Research areas



Public Information and Warnings



Warning Message Construction: Choosing your words

Key considerations for writing effective warning messages

Communities Responding to Disasters: Planning for Spontaneous Volunteers



CARE 4 GUIDE

Your guide to positive mental health and wellbeing as a young fire and emergency service volunteer

Skill Spotlight 1 - Mindfulness

Scan your body

Body scans are a way for us to pay **mindful attention** to all parts of our body and notice how we feel in the moment. You can do this activity wherever you are standing, sitting or lying down.



Starting from your feet, notice the way they **feel**. Are they touching the ground? Feel the points of contact and pressure that your feet create.

Allow your attention to move upwards to focus on your legs and observe the **sensation** in your legs.



Bring your **awareness** up higher in your body, to your stomach, your chest, and your back. Pay attention to how each part of your body feels.

Notice how your shoulders feel, 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.





Photo: Angus Veitch (CC BY-NC 2.0)

POLICY BRIEF

AUGUST 2020

Disasters and economic resilience: the effects of the 2010-11 Queensland floods on individual income

A case study of the Brisbane River catchment area

Prof Mehmet Ulubasoglu
Bushfire and Natural Hazards CRC and Deakin University.



bnhcr.com.au

RISK OWNERSHIP FRAMEWORK FOR EMERGENCY MANAGEMENT POLICY AND PRACTICE

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



Guide to Disaster Recovery Capitals (ReCap)



Australian edition



Contents

About this resource	4
The ReCap Framework	6
Natural 	10
Social 	13
Financial 	19
Cultural 	22
Political 	26
Built 	30
Human 	34
Icon descriptions	38
References	42

Social | key considerations

External support

What we know

Communities affected by disasters often receive support from wider society, including resources, guidance and emotional support. When this support is responsive to local needs, it generally plays a positive role in recovery¹⁰⁴. Communities with greater ability to draw on those external connections tend to fare better^{105,106}.



Consider

► **Identify and support the communities that are least likely to be able to draw on connections to government and broader society and support them to advocate for their needs.**

Animal-human bonds

What we know

Animals play an important role in the social and emotional lives of many people, including as companion animals seen as valued family members¹⁰⁷. These bonds are especially important in times of adversity, yet animals are often overlooked in disaster planning and response¹⁰⁸. Loss of companion animals can cause acute distress and also leave people without an important source of support, increasing post-disaster mental health risk¹⁰⁹.



Consider

► **Embed attention to animal-human bonds in disaster planning and recovery. Reflect on the diverse bonds that are important to different people.**

Physical distancing

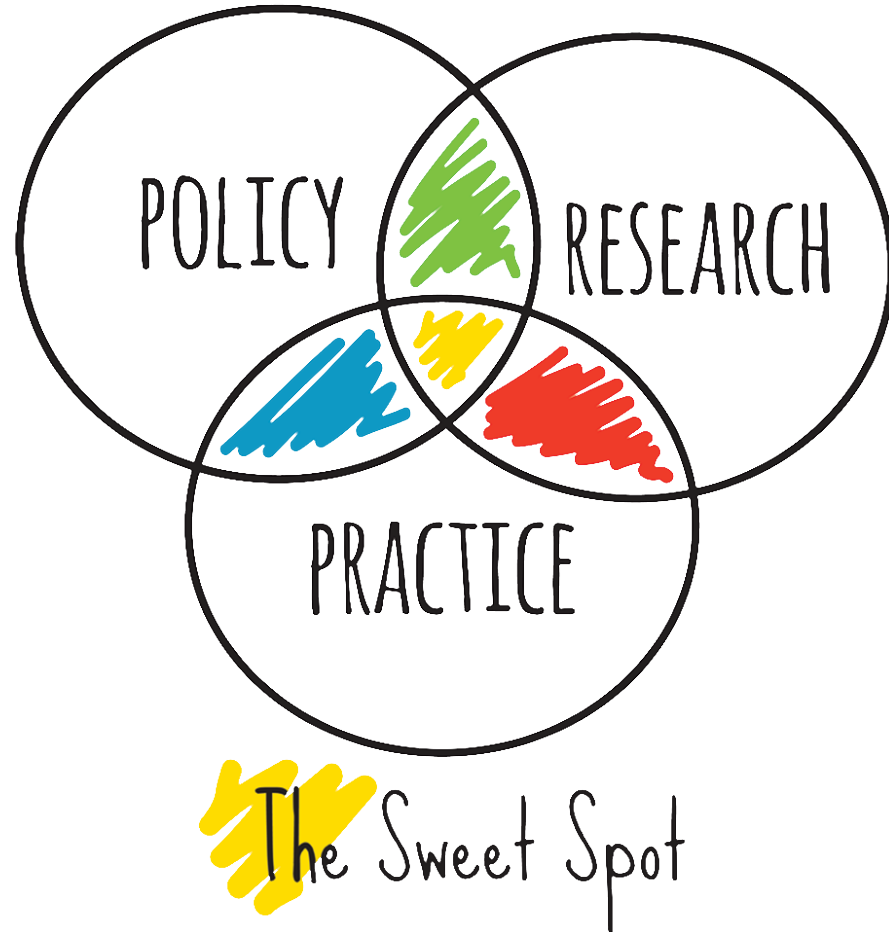
What we know

Given the importance of social connectedness in disaster recovery, physical distancing measures in response to pandemics pose challenges to recovery, especially for communities affected by multiple disasters¹¹⁰. Further evidence is needed on interventions that can maintain and build social connections in these contexts¹¹¹.

Consider

► **How can social capital be built and maintained, particularly for those most at risk of isolation, in the context of a pandemic?**





Communications and warning documentaries

<https://www.bnhcrc.com.au/resources/product/8128>

<https://www.bnhcrc.com.au/driving-change>