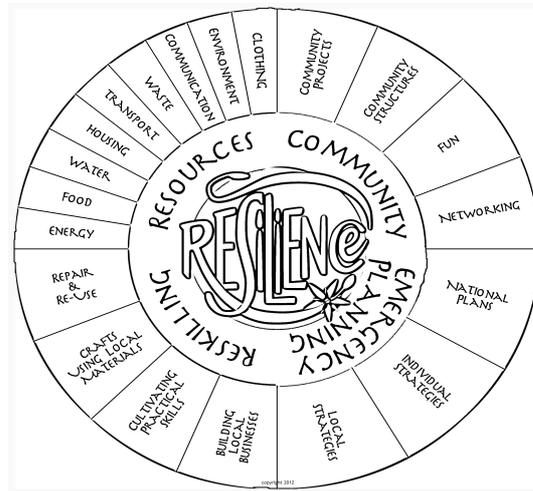


How Resilient Are You?

Resilience is a quality independent of your current environment. You can develop it wherever you are. If your circumstances are challenging, you'll be making resilience a priority. If you're comfortable and change comes rarely, you may neglect it.

The Resilience Wheel is a framework for you to find out where you are on the resilience scale and understand how you can improve this.



The Resilience Handbook takes you through the 20 sections, providing a list of actions for each. Once these are all completed, you will have an impressive level of resilience across the board.

Where are you now?

Begin with a copy of the resilience wheel. Print one, draw your own, use the Handbook pictures. And a crayon or something. Without referring to the book, think about how resilient you might be in each section.

For example:-

Transport – are you confident with your ability to get to work in a national fuel shortage?

Community – what goes on in yours? Do you know your neighbours?

Local Materials – what are they? Where can you get them? Why are they relevant?

Colour in the sections accordingly as you go. Here's a rough guide:-

Never given the subject any thought – leave the section blank

A vague idea how you could manage – colour in about a quarter of that section

Given this quite a lot of thought and taking some actions already – half the section and so on.

An example – the section 'Repair and Reuse'. Have you a good idea of basic household repairs and do them quite often? Colour in half this section. If you're so well sorted that it'd be hard to improve, colour the whole section in. An ambulance driver could scarcely contribute more to Emergency Planning, National section for example.

Do this exercise fairly quickly and in one go. Date the completed wheel and put it away.

Read the Resilience Handbook.

Repeat this simple assessment, using the knowledge and instructions from the Handbook. Is it the

same?

You'll score higher in some sections than others. Design your Resilience Plan to fill the gaps. The fun begins!

You can continue reading the support materials on this site for ideas on how to design your plan.

The 'More Information' tab on elizabethjwalker.com has many useful links.

The author is happy to present lectures and hold workshops for groups.

Contact elizabethjwalker23@gmail.com

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