

The Cycle of Resilience

Definition: Community resilience is the capability to anticipate risk, limit impact, and bounce back rapidly through surviving, adapting and learning in the face of disruptive shocks and stresses.

- ⊙ Anticipate & Assess Risks
- ⊙ Prevention (*eliminate* risk)
- ⊙ Mitigation (decrease risk)
- ⊙ Strengthen (improve ability to withstand)
- ⊙ Preparedness of emergency Response, Relief & Recovery
- ✦ *Capabilities*
- ✦ *Capacity*
- ⊙ Response
- ✦ *Incident management*
- ✦ *Life safety*
- ✦ *Incident stabilization*
- ✦ *Limit property loss*
- ⊙ Rescue
- ⊙ Assistance
- ⊙ Relief
- ⊙ Recovery (rapid)
- ⊙ Learning and Adapting
- ⊙ Improvement (systemic)

Agencies & Individuals

First Responders & Emergency Services

Relief Agencies & Community

Agencies & Individuals

