

Your Resilience Plan – How to Begin

So you want to become more resilient?

This is how it's done.

Just like keeping fit or maintaining a garden, cultivating resilience requires steady attention.

How do you tell if you could cope when something goes wrong?

Can you prepare for any eventuality? Of course not. An emergency is unexpected by definition.

The key feature of resilience is the return to a stable state. In order to do so, you must be aware of how that stability is achieved in the first place. Hence the study of the **resources** you need around you to live.

You also need tools, furniture, machinery. These must be constructed using tried and tested methods. Hence the **reskilling**, the supporting of crafters, the understanding of materials.

Other people must be considered. As a **community**, you can have more influence in creating a resilient environment for yourselves. Working together brings about faster recovery from a disaster.

Finally, **emergency planning**. A few simple actions on your part can provide valuable help to hard pressed responders. An engaged and informed community able to deploy its own resources in a co-ordinated way would be a major asset.

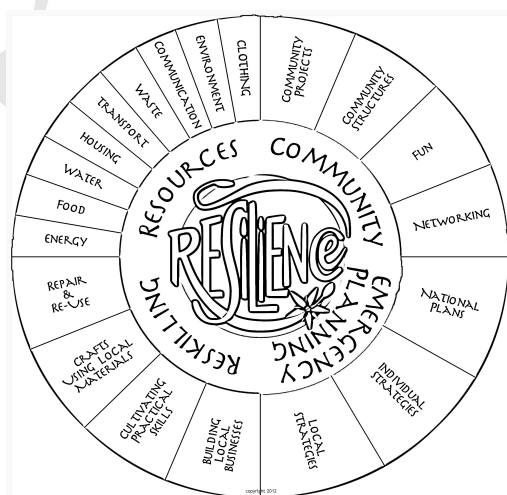
The general knowledge, sustainable practices, community involvement, skills and adventures covered in the Handbook are those which a resilient person ought to have. You may be expert in some. The goal is to be competent in all. It could take awhile, but any progress helps everyone, not just you.

So, where are you now?

You should have read the Resilience Handbook and have coloured in your final assessment wheel. Date this, keep it. It's fun to keep a journal charting your progress, recording your adventures. Add photos, recipes, souvenirs!

You may have gone further and calculated your percentage score using the Assessment PDF. Now you know where you are – or, more importantly, where you're not! Which sections need working on? Is there one particular quadrant you've neglected? How much progress do you think you could make in a year?

Start with another blank wheel. This is to record the new actions you take.



Write the date on it and put in on your wall. Pay attention to what you do that month. Refer to the Handbook

and try to do something new in each section, however small. Colour in the whole of that section when you do. At the end of the month, put that plan away and set up another one.

If you keep this up every month, you'll slowly increase your personal resilience with little effort. Just as important is your effect on the overall level of community resilience. Tiny actions slowly add up; new habits are often more effective than dramatic changes.

At the very least, you should aim to

- ⊕ be aware of your mains services and where your food comes from
- ⊕ buy as much as possible from local independent businesses
- ⊕ attend local community events
- ⊕ have a grab bag and some basic stores prepared

By doing this, you will be supporting various key initiatives and helping to remove barriers to further resilience.

After doing this for a few months, look back at your initial resilience assessment. Is there anything you particularly need to pay attention to? You should redo the assessment every year and see what you have achieved.

A more complex Resilience Plan

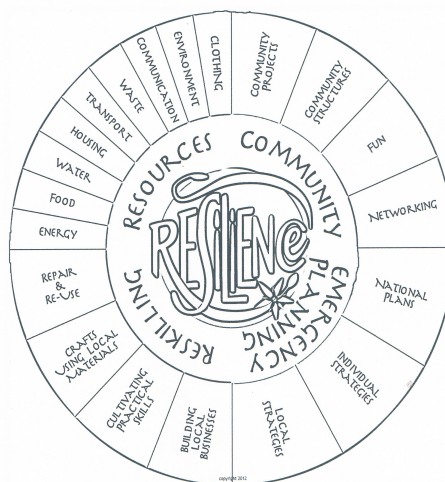
If you've done the full assessment, you might want to be more organised about your resilience plan. You can download and print a PDF of the template shown below

Resources	Planned task	Achieved & notes for next plan
Energy		
Food		
Water		
Housing		
Transport		
Waste & Recycling		
Communication		
Clothing and Fabrics		
Environment		

Reskilling	Planned task	Achieved & notes for next plan
Reuse & Repair		
Practical Skills		
Local Materials		
Local Businesses		

Emergency Planning	Planned task	Achieved & notes for next plan
personal		
local		
national		

Community	Planned task	Achieved & notes for next plan
Community projects		
Organisational structures		
Networking		
Fun!		



Date this chart at the start of the month. Choose an action in each section which you aim to accomplish in that month. You should build on what you can do so far.

Refer to the Energy Resilience Plan in the Handbook. What's the next action you need to take? You may already have a green electricity supplier, all the insulation you can achieve, never leave lights on in an empty room...what about the disposable batteries in your gadgets?

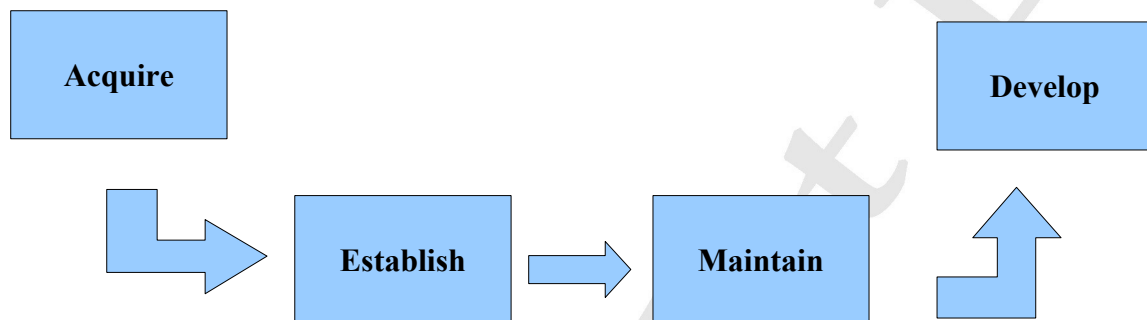
Replacing these with rechargeable ones is your next task. Think of some action you could take within the month to further this. Go straight out and buy what you need, or take a more cautious approach, reading product reviews and budgeting for the change. Find an independent retailer if you can.

You can write this resolution down on your chart, and move on to the next section – Food – to choose your action for the month. Be realistic about the time and energy you have available. Steady progress is the key to learning resilience.

A month is a good length of time to plan for. There's time to complete all the actions you've set yourself. Did you succeed? What barriers did you encounter? Time? Money? Missing infrastructure?

Review your progress, put up a new wheel and write a list for the next month. Repeat actions you didn't achieve; do you need to break them down into smaller elements? Were they harder than they seemed?

Practise new actions until they become habits.



Learn to pay attention.

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