Resistance

1. Do you have any obsessive or compulsive conditions that compromise your immunity to stressors?

2. Do you have certain intellectual or personality traits that affect (positively or negatively) your immunity to stressors?

3. Do you have any drives, habits, learned behaviors, etc. that affect (positively or negatively) your immunity to stressors?

4. Have you had life encounters, and resulting assumptive systems, that affect (positively or negatively) your immunity to stressors?

5. How can each of the following help create resistance?
   a. Education
   b. Positive Mental Attitude
   c. Preparation, Practice, Planning
   d. Healthy Living
Resilience

1. Do you have acute and chronic illness and disease that may impair your capacity to rebound from stressors or traumatic incidents?

2. How can your intelligence, problem-solving ability, extraversion, optimism, etc. position you to rebound from a stressor faster than a person without such traits?

3. How do your learned responses to external stressors, i.e., your repertoire of active coping skills, help determine your resilience to such stressors?

4. How can your psychosocial history (e.g., in the contexts of family, school, and job settings) and the resulting assumptions about the value of interpersonal relationships as a personal resource be positive elements of resilience?

5. Identify components of the following and tell how each can help enhance resiliency.
   a. Crisis Intervention
   b. Peer Support
   c. Psychological First Aid (PFA)
   d. Support Services
Recovery

1. How will your recovery from a disaster be facilitated or impeded by the absence (or existence) of a physical or mental illness/disease process?

2. What intellectual and personality traits do you have that will facilitate or impede your recovery from a disaster?

3. How will your recovery from a disaster be facilitated (or impeded) by previously learned behavioral tendencies, coping skills, etc.?

4. How will your recovery from a disaster be facilitated (or impeded) by prior life encounters, by the availability (or absence) of close interpersonal relationships, and by your sense of self efficacy?

5. Identify components of the following and tell how each can speed recovery.
   a. Self-Recovery
   b. Employee Assistance Program (EAP)
   c. Therapy
   d. Recovery Programs
   e. On-Site Academy