
Building Resilience in the Community - Cultivating Empathy among Youth -

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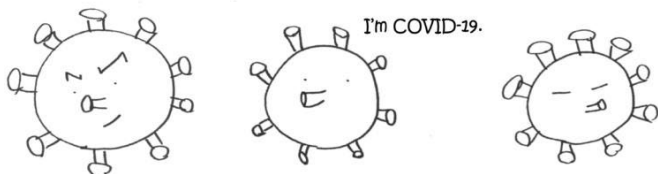
日本赤十字社
Japanese Red Cross Society

Japanese Red Cross Society



Three faces of the COVID-19 we must be alert to

- A guide to breaking the negative spiral -



Youth

MHPSS

Thanks so much Singapore Red Cross!

We would like to appreciate your donation to Japanese RC
50,000 masks ,10,000 gowns : We distributed them to 5 Red Cross Hospitals.



The theme for today...
“Building Resilience in the Community”

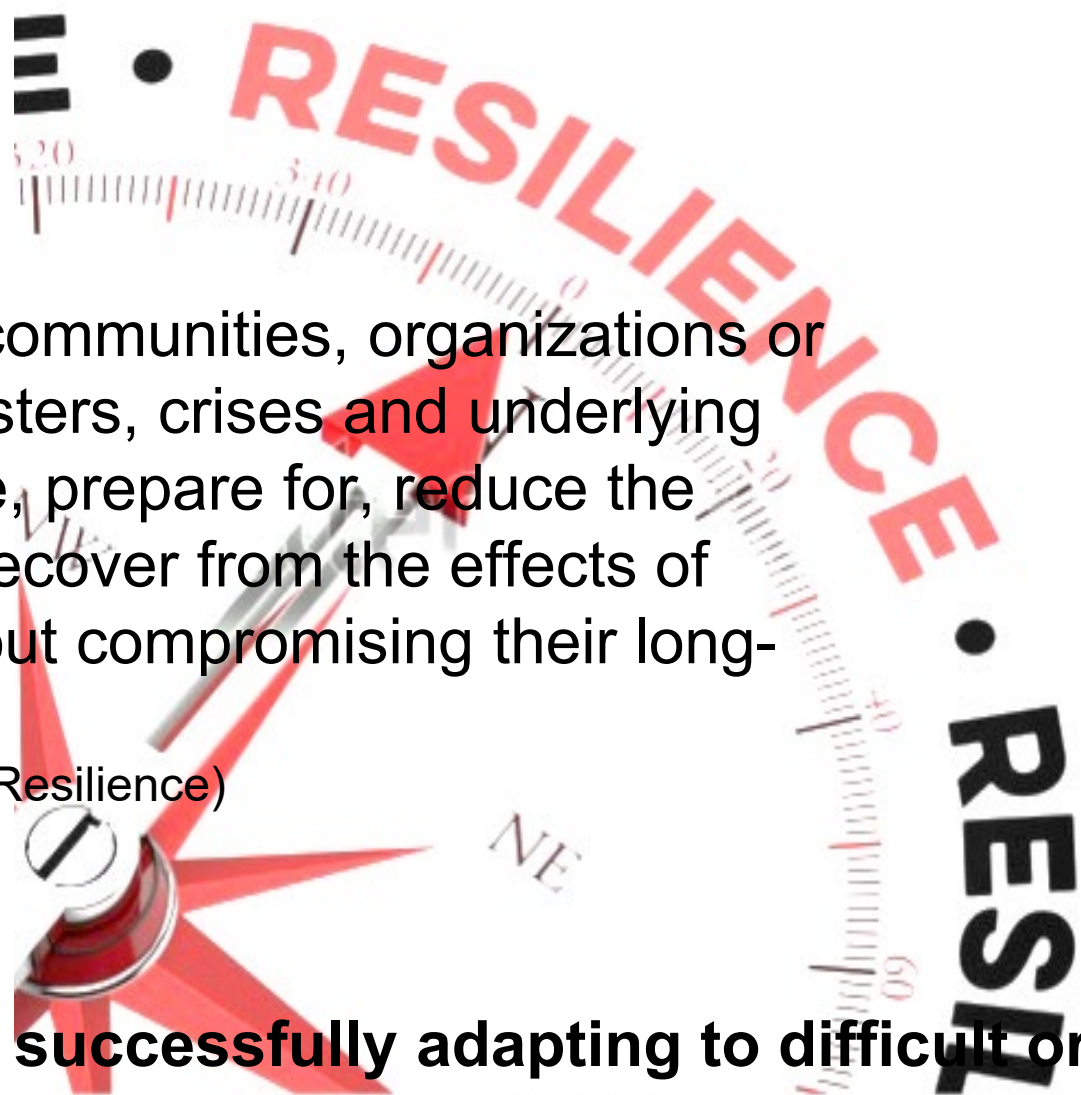
Have you ever heard about the
word **“resilience”** before?

Definition Red Cross

The ability of individuals, communities, organizations or countries exposed to disasters, crises and underlying vulnerabilities to anticipate, prepare for, reduce the impact of, cope with and recover from the effects of shocks and stresses without compromising their long-term prospects.

(IFRC-Framework-for-Community-Resilience)

The ability or process of successfully adapting to difficult or threatening situations



A resilient individual?

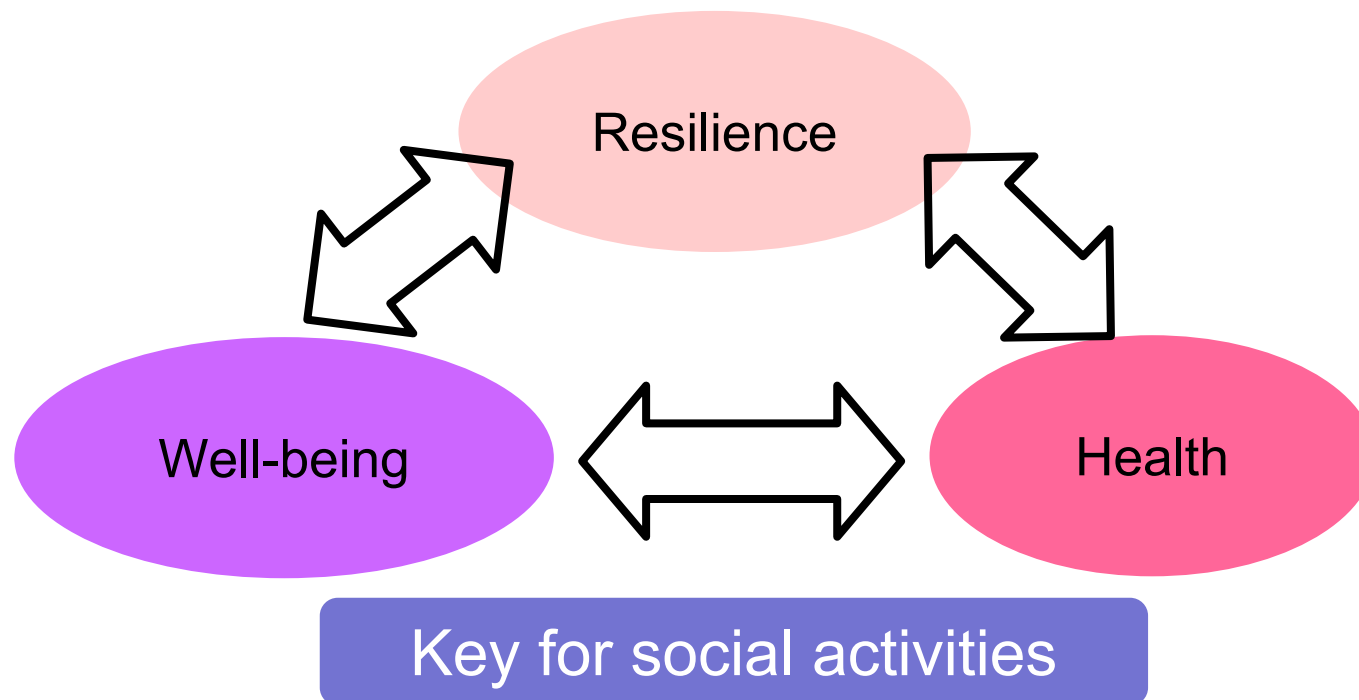
- is healthy
- has the knowledge and skills to adapt to new situations
- improves his/her life and those of his/her family, friends and community.
- is empowered

(IFRC-Framework-for-Community-Resilience)

Resilience is important for your health and well-being,
also your better future.

WHO definition of Health

Health is a state of **complete physical, mental and social well-being** and not merely the absence of disease or infirmity.



Currently every one of us faces
critical situation.

How can we build **resilience** in
this difficult situation?

It's difficult to learn resilience overnight.



Here are the psychological tips !!

Look at yourself.

Observe yourself from
distance/objectively.
See yourself from multiple
angles...



-Situation ??

-Behaviors/reactions different from usual?

Listen to yourself.



- What emotions do you have??
- What kind of values and beliefs are important to you?
- What you would like to do/start??
- What kind of experiences you have? What their meaning for you?



Surprised

Angry



Bored



Irritated



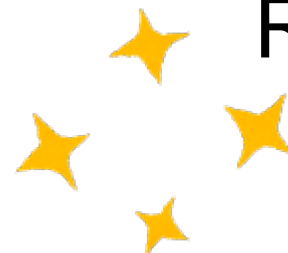
Sad

Happy



Confused

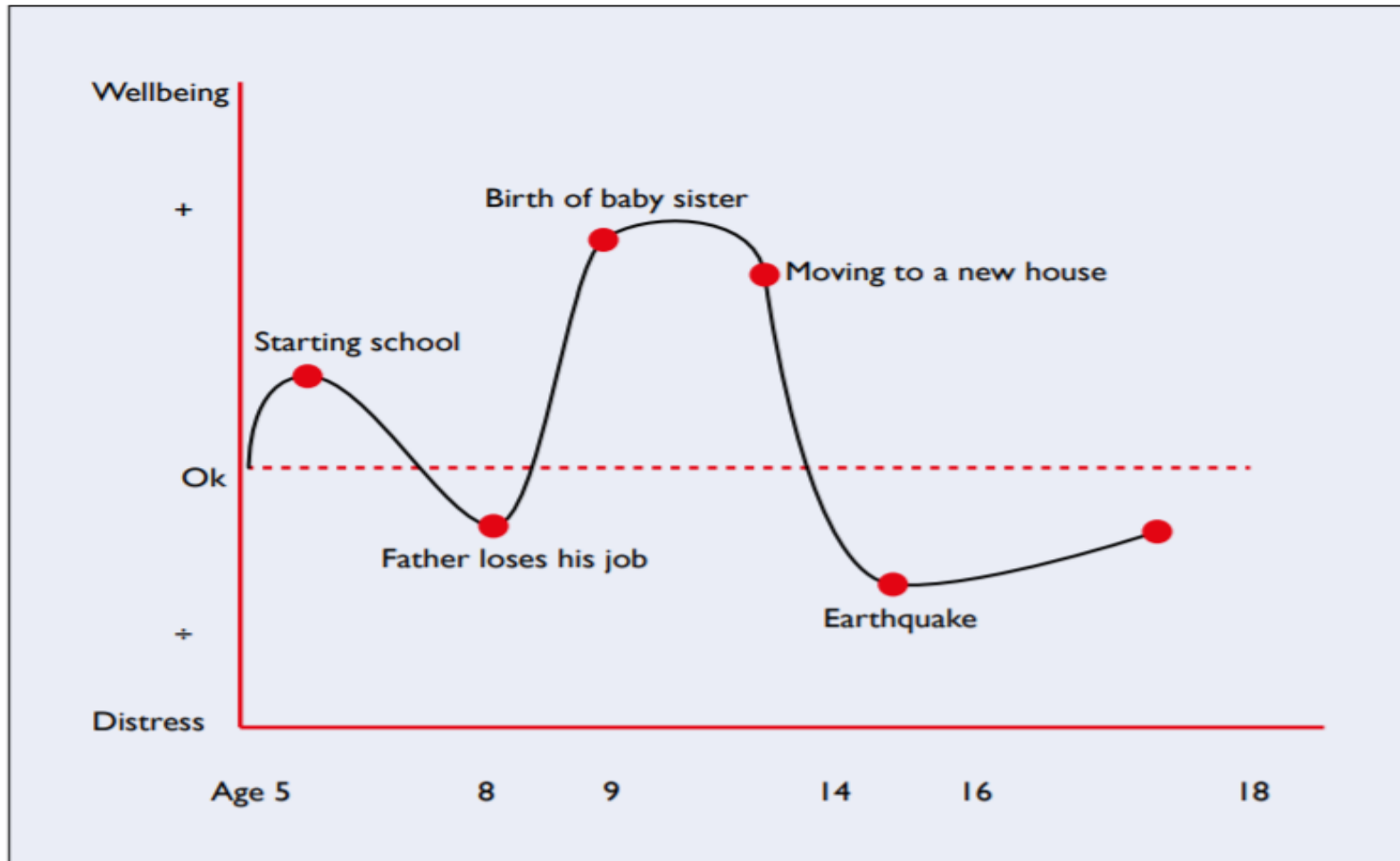
Relieved



Excited



personal coping in your life line

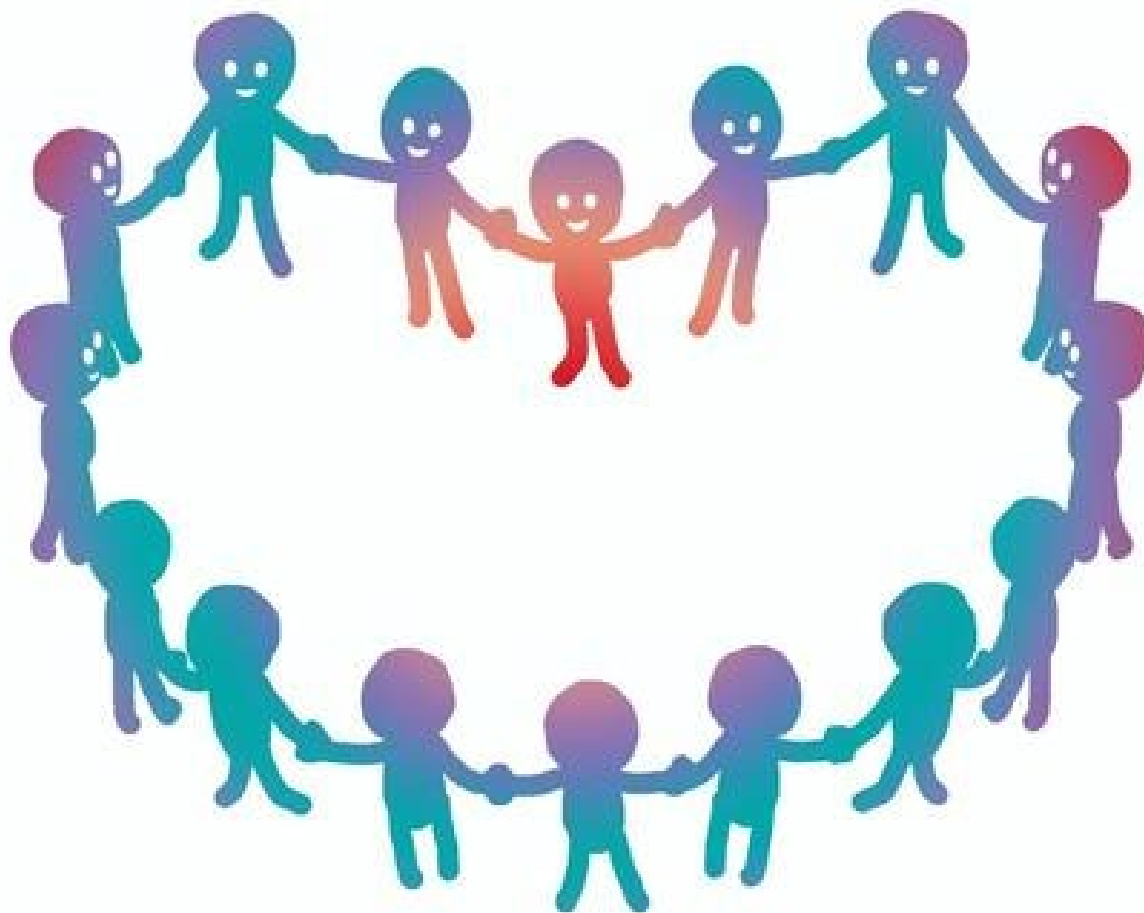


Link yourself to something




- Create a comfortable environment.
- Stay in touch with who you feel comfortable with
- Try to work on something new/ get experience
- Get information of what you're interested in
- Acknowledge what you can do right now
- Try to accept your experience

Connectedness.

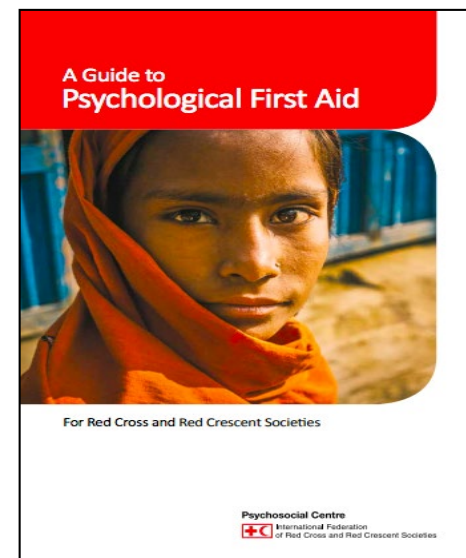


Through Look, Listen, and Link yourself...

- 
- your feelings
 - your own thinking tendencies
 - what you have interest in
 - how you've coped with stress

PFA approach

- PFA is a set of skills and knowledge that can be used to help people who are in **distress** (IFRC-A short introduction to PFA)
- You can utilize this approach to yourself also –self care–



More info to Singapore RC!!

Youth as a helper

- Resilience----you will be able to overcome whatever lies ahead of you.
- With your resilience, you can help others in case of emergency.





✓ Earthquake and Tsunami occurred, people suffering



✓ “What he can do “ as a nurse



✓ Try to calm evacuees down and support them as a nurse
✓ Corporate with other students and teachers

Now he works at Ishinomaki Red Cross Hospital as a nurse, hoping he can involve in disaster response.

**If you want to help someone,
you need to be resilient
yourself.**

Reference

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Thanks very much for your attention!

