

Ready Minds, Ready Teams: Building personal resilience ahead of severe weather

Get Ready Queensland and Australian Red Cross
2025

An aerial photograph of a tropical landscape. A winding river flows through a dense, lush green forest. In the background, a range of mountains is visible under a clear blue sky. The foreground shows a dirt road and a sandy bank along the river.

Acknowledgement of Country

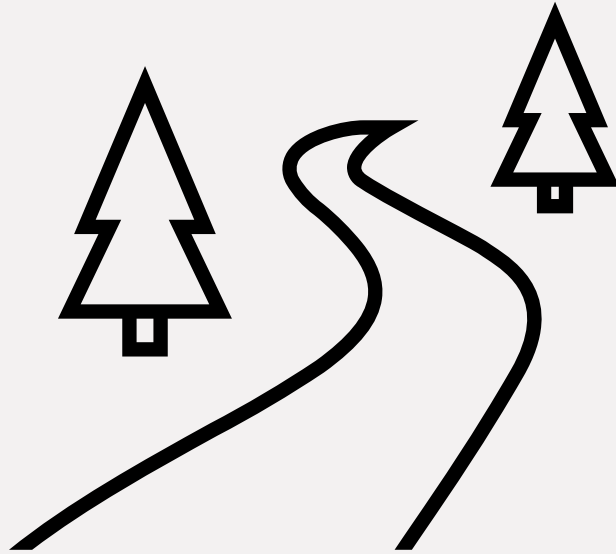
We acknowledge the Aboriginal peoples and Torres Strait Islander peoples as the Traditional Owners and Custodians of this Land.

We recognise and honour their ancient cultures, and their connection to land, sea and community.

We pay our respect to them, their cultures, and to their Elders, past and present.

Building personal resilience ahead of severe weather

Our journey today is
about **you**



Not everyone will understand
your journey. That's fine. It's
not their journey to make
sense of. It's yours."

-Zero Dean

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How mentally prepared
do you feel for the next
disaster season



Psychosocial Support (PSS)

‘Process of facilitating resilience within individuals, families and communities’ before, during and after disasters and/or conflict’

- Promotion of safety
- Promotion of calming
- Promotion of connectedness
- Promotion of self-efficacy
- Instilling hope

Hobfoll, SE, Watson, P, Bell, CC, Bryant RA, Brymer, MJ, Friedman, MJ et al. 2007, ‘Five essential elements of immediate and midterm mass trauma intervention: Empirical evidence’, *Psychiatry*, vol. 70

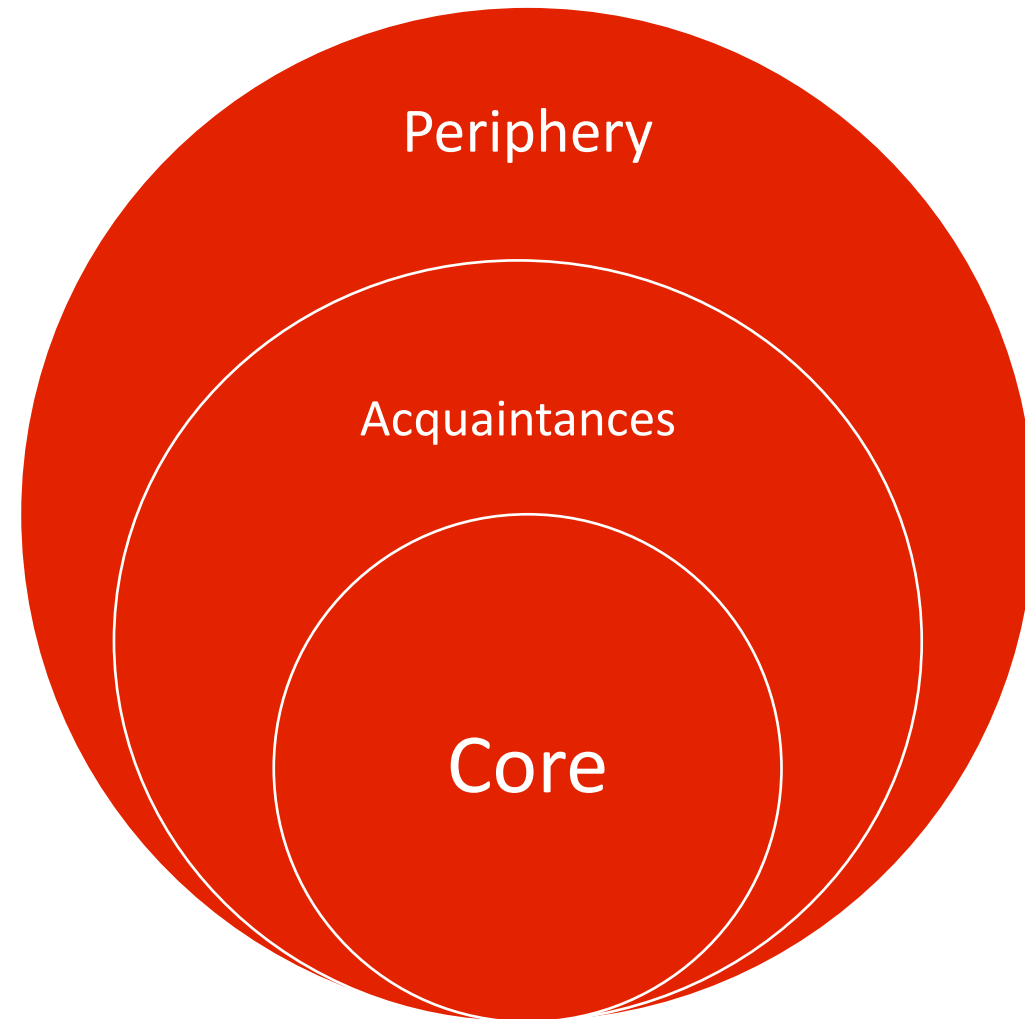




**"It is everyone's
responsibility to be
prepared for emergencies."**

Activity – Get Connected

Your community



What is stress?



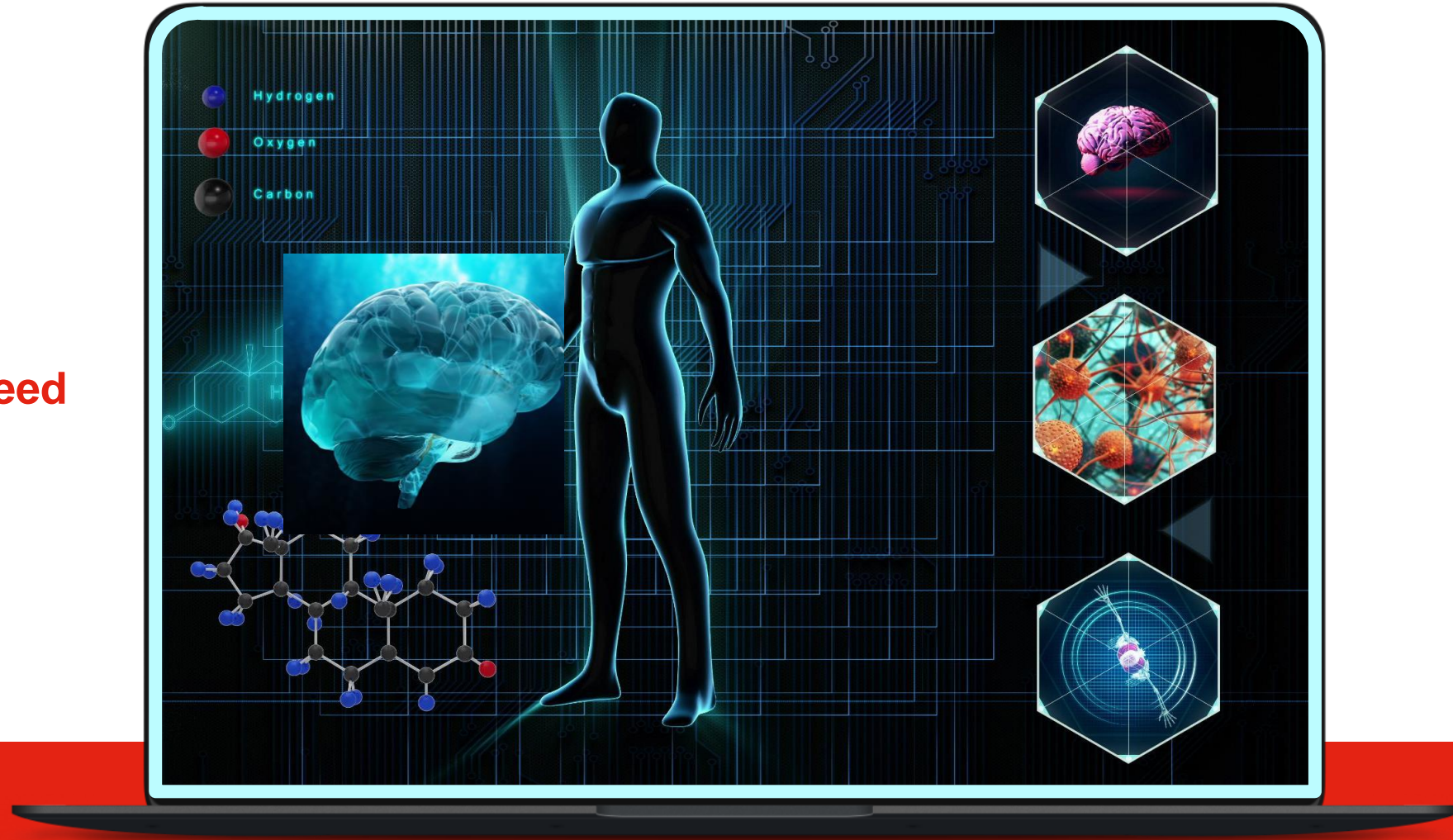
Stress is the body's way of accessing energy to cope with a physical, mental or emotional threat



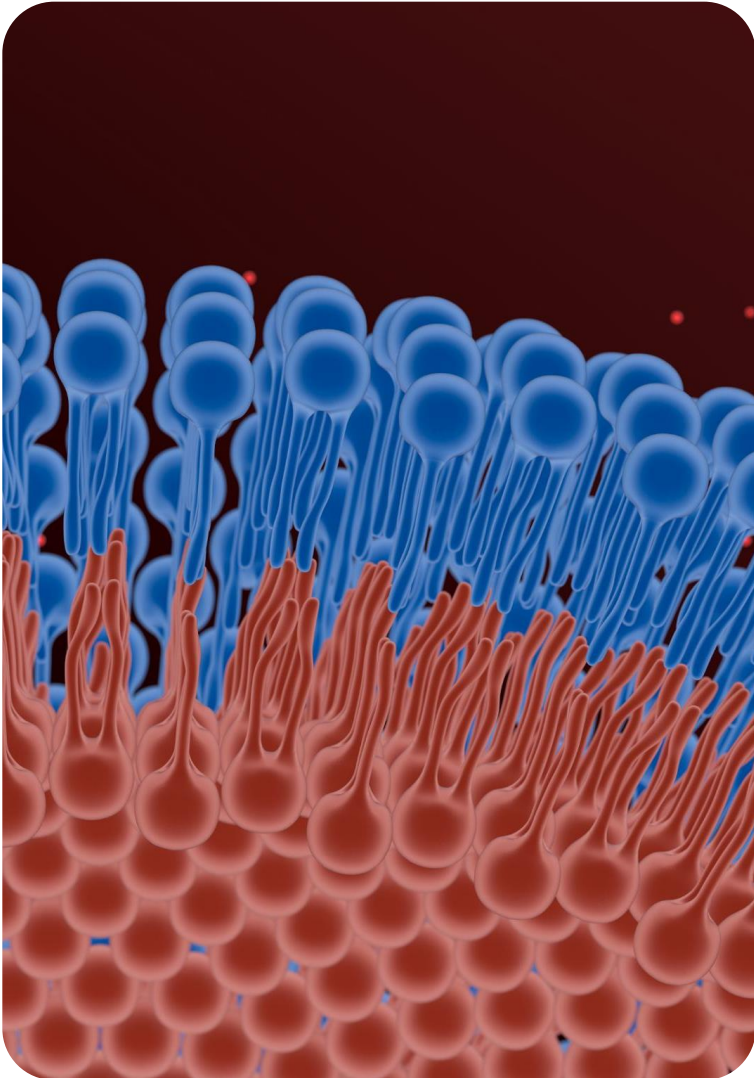
Stressors include both the event and 'secondary stressors.'

Adrenalin & Cortisol

 Two hormones we need
for survival



Adrenalin vs Cortisol – Stress Effects



Stress	Adrenalin (Acute Stress)	Cortisol (Protracted Stress)
Mind	Clear, focused, impatient	Complex, unfocused, indecisive
Thinking	Narrow focus, handle one thing at a time, easily overwhelmed	Gets lost in detail, struggle to prioritise; deals with tasks one by one; postpones complex decisions
Emotions	Action-driven; Strong unstable emotions anger/tears Disorganised	Numbness; Unemotional, no energy for emotions arousal increases, converts to despair, defeat, overwhelmed

Prepare your mind

When we are calm, we can think more clearly, when we think more clearly, we can make better decisions



Activity –
Prepare your mind

Five Finger Breathing



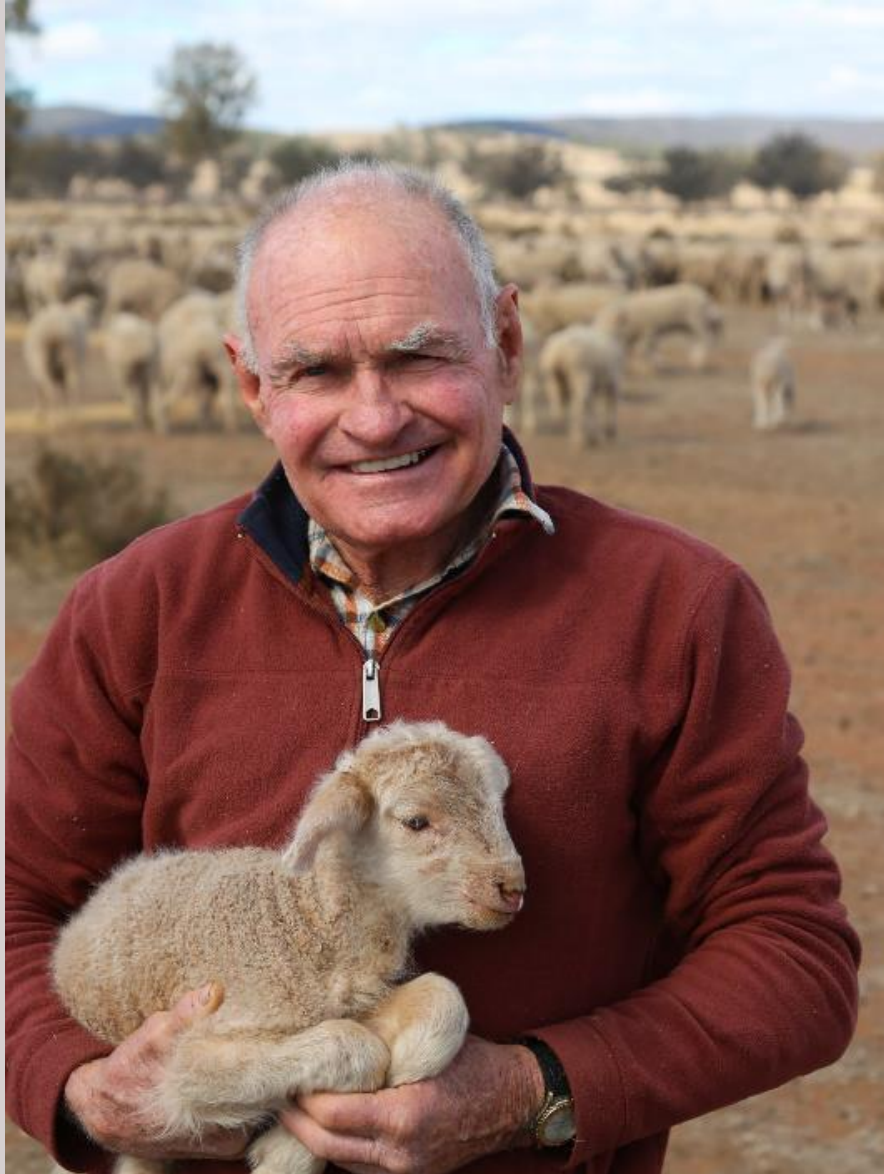
Burnout checklist

- ☐ Starting to resent clients or becoming overly involved and taking on their worries
- ☐ Lacking enthusiasm, drive and energy
- ☐ Experiencing a loss of capacity for empathy
- ☐ Feelings of emotional withdrawal, bitterness, and cynicism
- ☐ Having a reduced sense of accomplishment
- ☐ Developing a narrow focus and inability to see where your role fits in the 'bigger picture'
- ☐ Tending towards poor or uncooperative behaviour to spite 'the system'
- ☐ Being overwhelmed by the size of the task, and defensive about expectations
- ☐ Feeling challenged by change; resorting to responses such as "This is how we do it!"
- ☐ Over time becoming too invested and unable to accept when your role is no longer required
- ☐ Feeling that you are indispensable to a community or individual's recovery



Sometimes is hard to see the changes for ourselves.

Schedule a regular check in with the burnout checklist for yourself and your team. Use it to reflect on how you are doing.



■ Leisure

- **Get good rest.** Sleep provides more energy, clearer thinking and helps you be more understanding
- **Watch your diet and physical health.** Manage your intake of caffeine, alcohol, drugs, and medication

■ Pleasure

- **Look after your relationships.** Communicate with people close to you. Lean on them if you need to. Accept or ask for their support if it helps you
- **Do things that make you happy.** As much as possible, take part in activities and interests that make you feel good
- **Stay connected** with workmates, neighbours, and other groups. Don't become isolated, as an individual or as a family.

Recovery Rocket



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what's your '5' mins
coping strategy



Support agencies after this workshop

- **Beyond Blue** 1300 22 4636
 - 24/7 Support for Anxiety, Depression and Suicide Prevention 24/7 webchat
- **Lifeline** 131 114
 - 24/7 phone counselling
- **Your Organisations supports**
 - Friends and colleagues
 - HR
 - Other supports



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Has this session given you some useful tips and tricks to mentally prepare the next disaster season?



Support your team

Your staff are the backbone of your organisation– and helping them to be personally prepared for disasters is one of the best ways to strengthen both their wellbeing and your organisation resilience.



Encourage your team members to create an online emergency plan




Make your own household emergency plan – especially important for micro or at-home businesses!

OFFICIAL

Personal Online Emergency Plan


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**WEATHER DOESN'T PLAN
BUT YOU CAN**

Scan the QR code and
create your personalised
emergency plan **today**.


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