

Resilience among Filipinos in Times of Disasters: Implications to Well-Being

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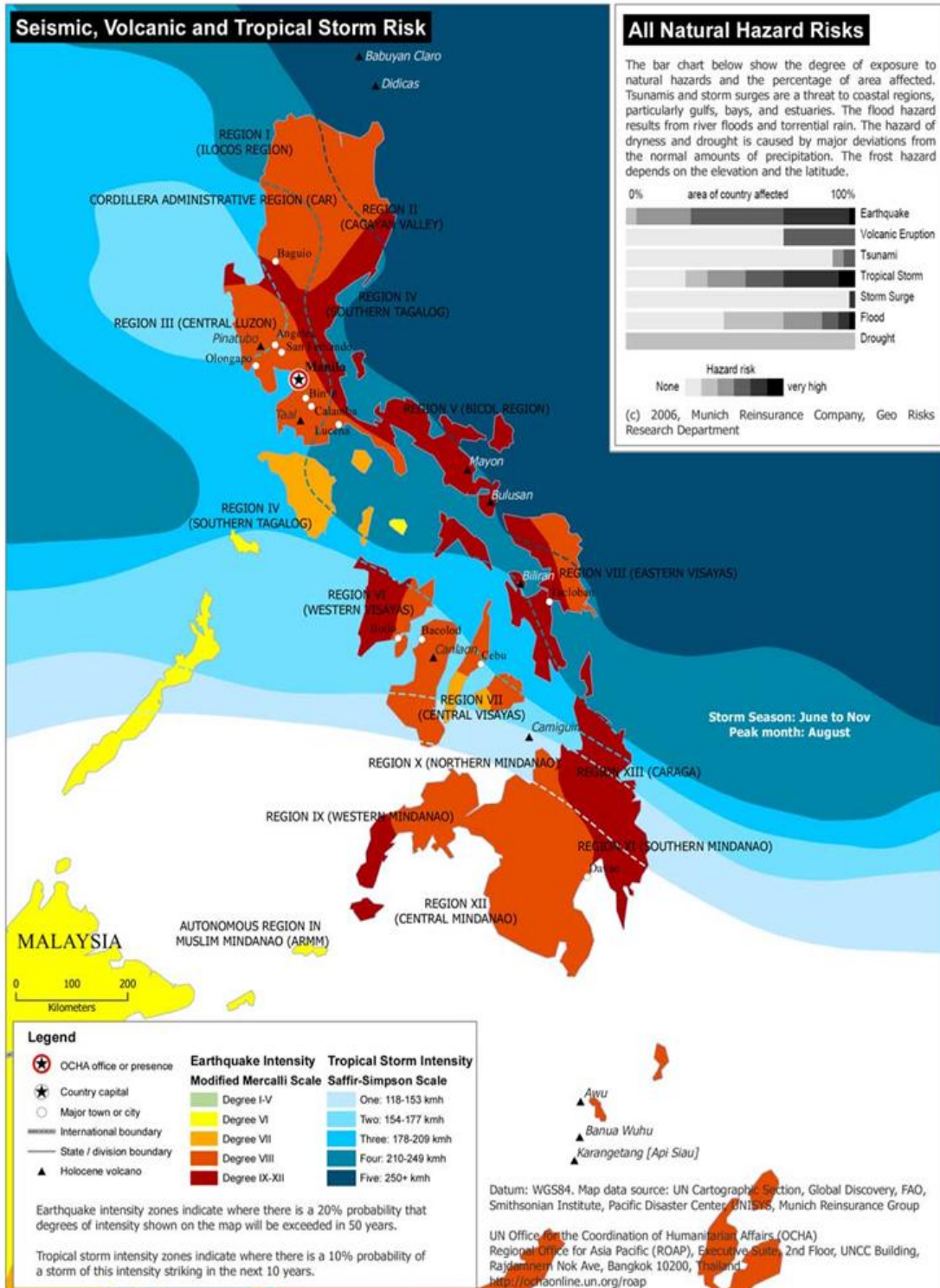
World Health Organization (2014) declares
HEALTH as "*a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity*".

MENTAL HEALTH

is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community".



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 Issued: 08 March 2007



The names shown and the designations used on this map do not imply official endorsement or acceptance by the United Nations

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There is a new increasing understanding of the social, economic even environmental determinants that pose a threat to the mental health ---and one of these is, CLIMATE CHANGE (i.e. extreme weather events leading to natural disasters).

Mt. PINATUBO ERUPTION- June 15, 1991



TYPHOON YOLANDA (HAIYAN)- NOVEMBER 8, 2013



“At the end of the day, the Filipinos will just shake off the dirt from their clothes and thongs, and go about their business...and SMILE. They do not complain much, they will bear as long as they can.”

“To know any Filipino is to love them. I believe the worst storms only hit the places with people best equipped to deal psychologically with the aftermath. You can kill some people and take out trees and houses, Mr. Typhoon, but you can never alter what makes that place special.”

“TIME to get to know the hardy Filipino people....unbelievably resilient, long-suffering, good-natured, over friendly, loyal, ingenious and a bunch of survivors. “



American Psychological Association-
RESILIENCE is the process of adapting well
in the face of adversity, **trauma**, tragedy,
threats, or even significant sources of stress —
such as family and relationship problems,
serious health problems, calamities, or
workplace and financial stressors. It means
“bouncing back” from difficult experiences.

A study of Adviento and de Guzman (2010) on the community of resilience during the typhoon Ondoy came up with the following positive characteristics of the survivors:


1. *Pakikibagay sa Kalikasan* (Adaptation to Nature).
2. *Malasakit* (Empathy, care and Concern for Others)
3. *Bayanihan* (Collective Responsibility for Each Other)
4. *Tiwala* (Trust)
5. *Lakas ng Loob at tapang sa Gitna ng Takot* (Courage and Bravery in the Midst of Fear)
6. *Pagkamaparaan* (Resourcefulness)
7. *Pasasalamat* (Gratitude)
8. *Pananalig sa Dyos* (Faith in God)

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