

Elements of Resilience

Element	Meaning	Author(s)
Resistance	Persistence of the systems and their ability to absorb change and disturbance and still maintain the same relationships between populations or state variables; Ability to 'bounce back' and 'move on' following a disaster.	Holling (1973) Manyena (2006)
Absorption	Absorbing stress, recuperative power, perseverance and stability; Ability to mitigate the impacts of negative events using predetermined coping response in order to preserve, restore essential basic structures and functions.	Janssen et al., (2006) Bene et al (2012); UNISDR (2009)
Adaptation	Taking action in the face hazards in order to reach and maintain an acceptable level of function and structure Adjusting, modifying or changing a system's characteristics and actions to moderate potential future damage and taking advantage of opportunities in order to continue functioning without major changes in function or structural identity.	Deloitte (2013) Skerrat (2013) Bene et al. (2012)
Withstanding	Ability to cope successfully with traumatic experiences and avoid the negative trajectories associated with risk	Matyas and Pelling (2012)
Anticipate	Taking actions in advance of a disaster to reduce the impact of hazards	Adger (2006)
Accommodate	Maintaining living standards in the face of shocks or stresses without compromising their long term prospects	DFID (2011)
Learning	Knowledge and experience from past disturbances to improve disaster risk reduction	
Reorganise	Self organising to increase this capacity for learning from past disasters for better future protection and to improve risk reduction measures	Birkmann (2006) Berkes (2007)
Managing	Response to stress without jeopardising system's sustained socio-economic advancement and development	ADB (2013)
Transform	Changing in order to reach and maintain an acceptable level of functioning and structure Creating a new system when ecological, economic or social structures make the existing system untenable	UNISDR(2009) Walker et al. (2004)
Coping	Ensuring the restoration, preservation or improvements of a community's basic structures and functions	IPCC (2012)
Planning	Design institutional flexibility necessary to anticipate and adjust to change	Berkes (2007)