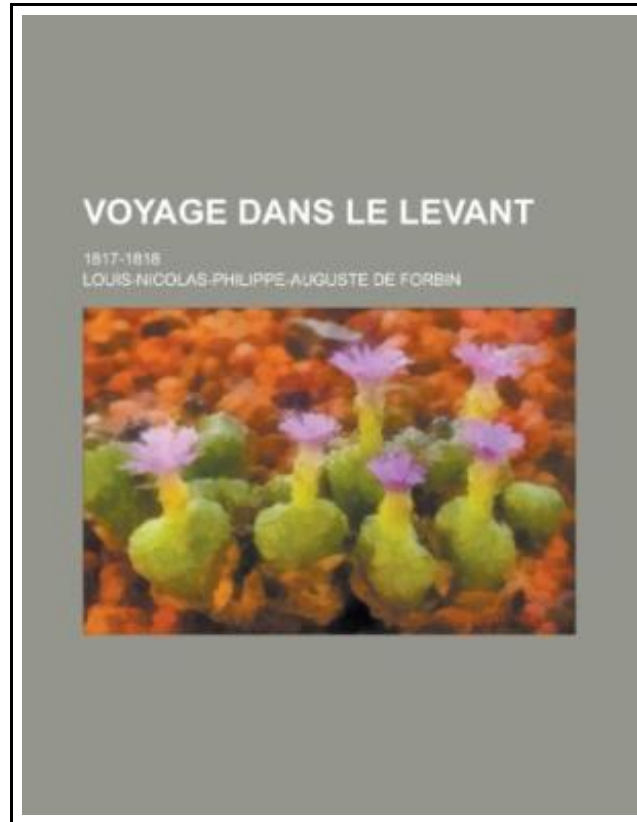


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RareBooksClub. Paperback. Book Condition: New. This item is printed on demand. Paperback. 46 pages. Original publisher: Maxwell Air Force Base, Ala. : USAF Counterproliferation Center, Air University, 2006 OCLC Number: (OCoLC)271165807 Subject: Terrorism -- Psychological aspects. Excerpt: . . . Building Population Resilience to Terror Attacks. . . 7 In addition to these individual characteristics, the social ties that bind people together also contribute to resilience. People who are able to ask for and receive support from social groups such as family, friends, church, or community are more resilient to stress than those who either cannot seek support or have none available. While it seems obvious that receiving support would help an individual cope well with stress, there is also evidence that providing support for others in times of crisis is helpful for the person providing the support. This may explain why one in three Americans contributed to the recovery after 9 11 by contributing either 6 time, money, or blood. The final set of factors contributing to resilience is related to coping strategies. Even with the individual characteristics identified above, a person must still utilize coping strategies to respond effectively to an attack. These strategies include stepping back to see the big picture before rushing to solve a problem, breaking large and potentially overwhelming problems into more achievable tasks, and taking breaks from the crisis to 7 rest or refocus energy. High resilience to stress is the combination of a positive individual perspective, strong social connectedness, and effective problem solving skills all of which allow an individual to cope positively with even traumatic events such as a terror attack. Although some individuals are by nature or experience more resilient than others, resilience is a trait that can 8 be improved. Building Resilience The American Psychological Association ( APA )...



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