



Department Seminar

Disaster Psychology - from indifference to anxiety, and from resilience to hope

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**The seminar will take place on 27.11.2023, at 13:00 – 14:30
in the Lab3 at the Science Teaching Department,
Weizmann Institute of Science**

Summary :

Despite many efforts by the civil defense authorities, population preparedness for emergencies remains at a low and insufficient level. People want to live their lives in peace and quiet and take care of the simple things of everyday life, and they choose not to engage in emergency preparedness efforts during routine times. Then, out of the blue, an emergency struck, and we find ourselves unprepared, frightened, and anxious by its aftermath. The stress and fear involved in dealing with the difficulties associated with emergencies and disasters, especially extreme situations such as the horrendous terrorist attack of October 7, 2023, may harm our mental well-being in the long term. Despite the initial helplessness, much can be done - to help ourselves and others. The ability to be flexible in the face of new and unfamiliar situations, bend rather than break, and return to normal function is the definition of resilience. The social cohesion and mutual assistance that are manifested in Israeli society in times of crisis are our hope for long-term resilience.