



Feeling Good, Feeling Safe

The Connection Between Community Resilience and Wellbeing

Freezing Week 18.2.2025

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Feeling good – feeling safe

”Safety promotion is part of the promotion of wellbeing and health”
(Finnish Institute for Health and Welfare, 2023)

”Population’s wellbeing, health, and international security
are closely connected”
(Finnish Government, 2021)

”There is no wellbeing without safety”
(The Security Committee, n.d.)

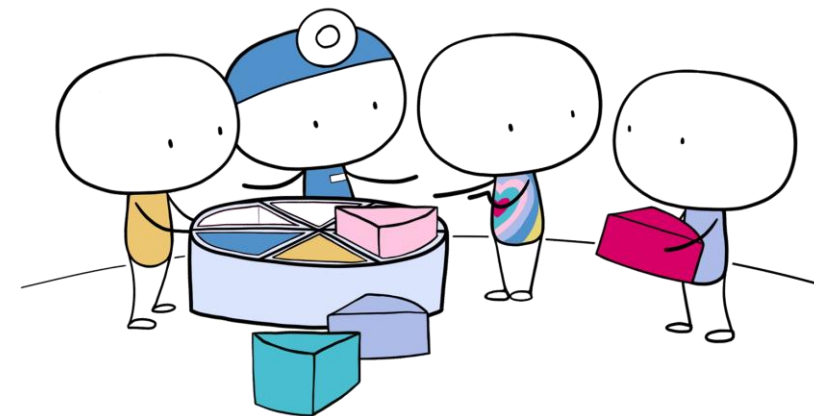
Village Safety Project

- EU funded project 9/24–8/26 by Laurea, HAMK and Hämeen Kylät association
- The project encourages village communities to participate in safety work within their daily routines as well as in crisis situations in close cooperation with authorities and the third sector.



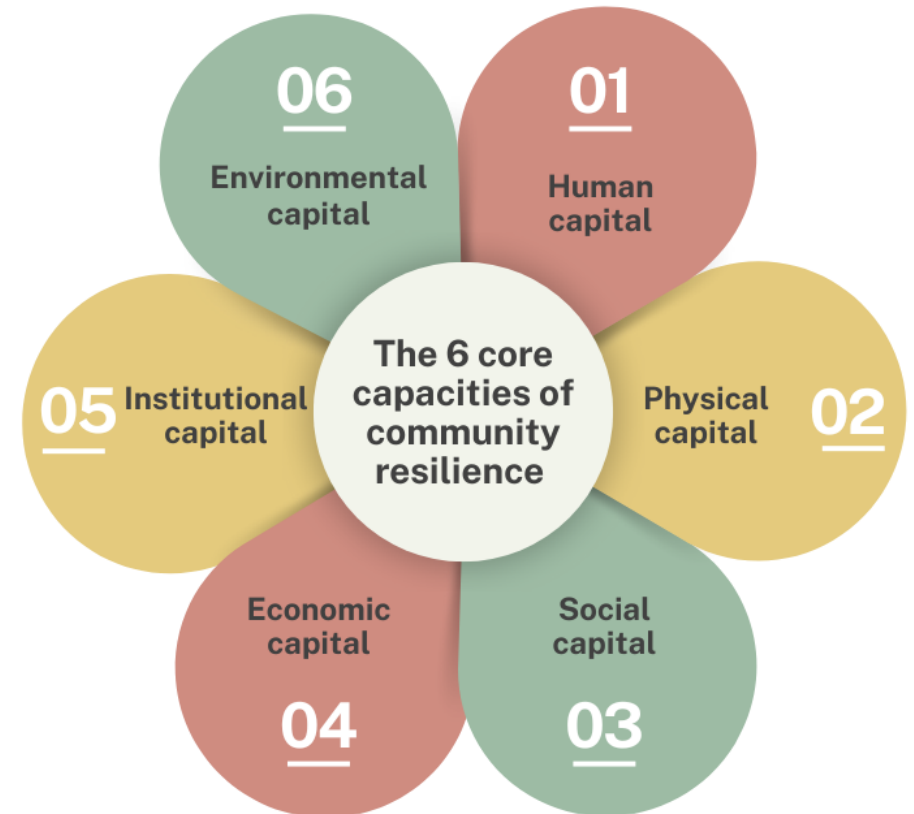
The foundations of wellbeing

- Wellbeing is a multifaceted concept, encompassing physical, mental, emotional, and social dimensions.
- According to WHO (2021)
 - Wellbeing is “a positive state experienced by individuals and societies.”
 - “A society’s well-being can be observed by the extent to which they are resilient, build capacity for action, and are prepared to transcend challenges.”
- It is important for wellbeing to live in a safe and supportive community with a favorable social and physical environment (WHO, n.d.)



What does “community resilience” mean?

- Community resilience refers to the ability of a community to withstand, adapt to, and recover from adverse situations (Koliou et al., 2020; Mayer et al., 2019)
 - Resilient communities are characterized by their ability to adapt and transform in response to stressors (Mitterlechner & Beese, 2023; Rochira et al., 2022).



(Haase et al., 2021)

CART Assessment Survey
(Pfefferbaum et al. 2020)

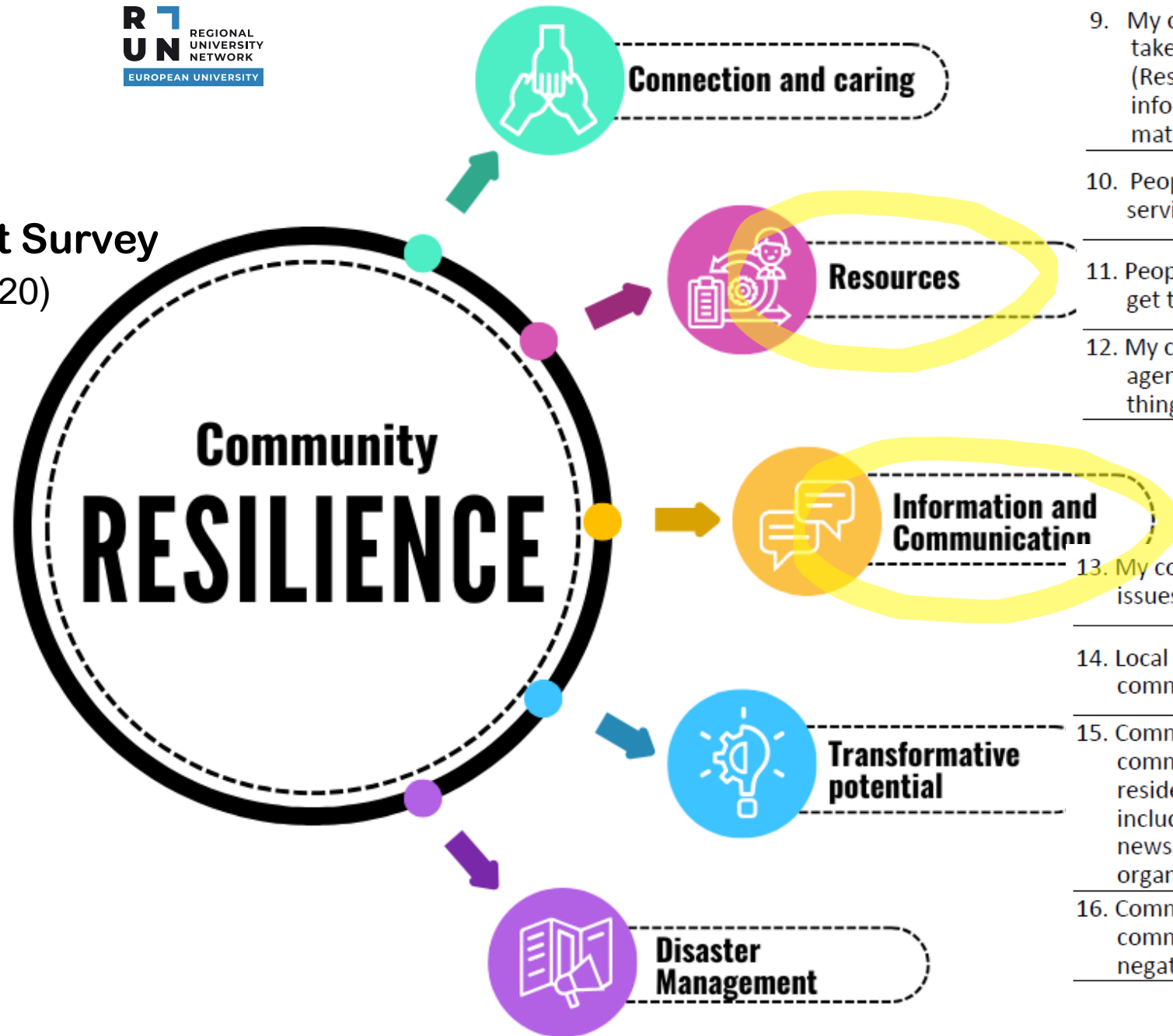


CART Assessment Survey
(Pfefferbaum et al. 2020)



1. People in my community feel like they belong to the community.
2. People in my community are committed to the well-being of the community.
3. People in my community have hope about the future.
4. People in my community help each other.
5. My community treats people fairly no matter what their background is.
6. My community supports programs for children and families.
7. People in my community work together to improve the community.
8. People in my community can be trusted.

CART Assessment Survey
(Pfefferbaum et al. 2020)



9. My community has the resources it needs to take care of community problems. (Resources include, for example, money, information, technology, tools, raw materials, services.)

10. People in my community are able to get the services they need.

11. People in my community know where to go to get things done.

12. My community works with organizations and agencies outside the community to get things done.

13. My community keeps people informed about issues that are important to them.

14. Local information about issues in my community is generally accurate and fair.

15. Communication sources used by my community are effective in reaching residents. (Communication sources may include, for example, television, radio, newspaper, internet, telephone, local organizations.)

16. Communication and information in my community focus on positive as well as negative issues.

CART Assessment Survey
(Pfefferbaum et al. 2020)



17. My community has effective leaders.

18. People in my community communicate with leaders who can help improve the community.

19. My community looks at its successes and failures so it can learn from the past.

20. My community develops skills and finds resources to solve its problems and reach its goals.

21. My community has priorities and sets goals for the future.

22. People in my community trust local officials.

23. My community tries to prevent disasters and community crises.

24. My community actively prepares for future disasters and community crises.

25. My community can provide emergency services during a disaster or community crisis.

26. My community has services and programs to help people after a disaster or community crisis.

27. If a disaster or community crisis occurs, my community provides information about what to do.

The reciprocal connection between community resilience and wellbeing

- Active belonging and relational capital enhances individuals' wellbeing (Quinn et al., 2020)
- Collective agency can reduce social isolation and improve mental health (Bartholomaeus et al., 2019; Koay & Dillon, 2020) and empower individuals to take action for their wellbeing (Budowle & Porter, 2022; Koay & Dillon, 2020)
- Sense of community supports both community and individual wellbeing during difficult times (Mannarini et al., 2021) and helps mitigate the adverse effects of disasters and crises (Mannarini et al., 2021; Quinn et al., 2020)

Community resilience

Wellbeing

- Good health and functioning enable individuals to actively contribute to the resilience of their community.
- Communities with higher levels of wellbeing often experience stronger social cohesion and greater adaptive capacity in times of crisis.

Promoting community resilience



Empowering communities

- Active participation, community engagement and community-led initiatives (Fazey et al., 2021; Mitterlechner & Beese, 2023)
- Local knowledge, adaptive infrastructure and resources (Ma et al., 2023)



Fostering collaboration

- Social capital and networks (Ma et al., 2023)
- Cross-sectional, trans-disciplinary collaboration (Ma et al., 2023; Mitterlechner & Beese, 2023; Osei-Kyei et al., 2024)



Improving preparedness

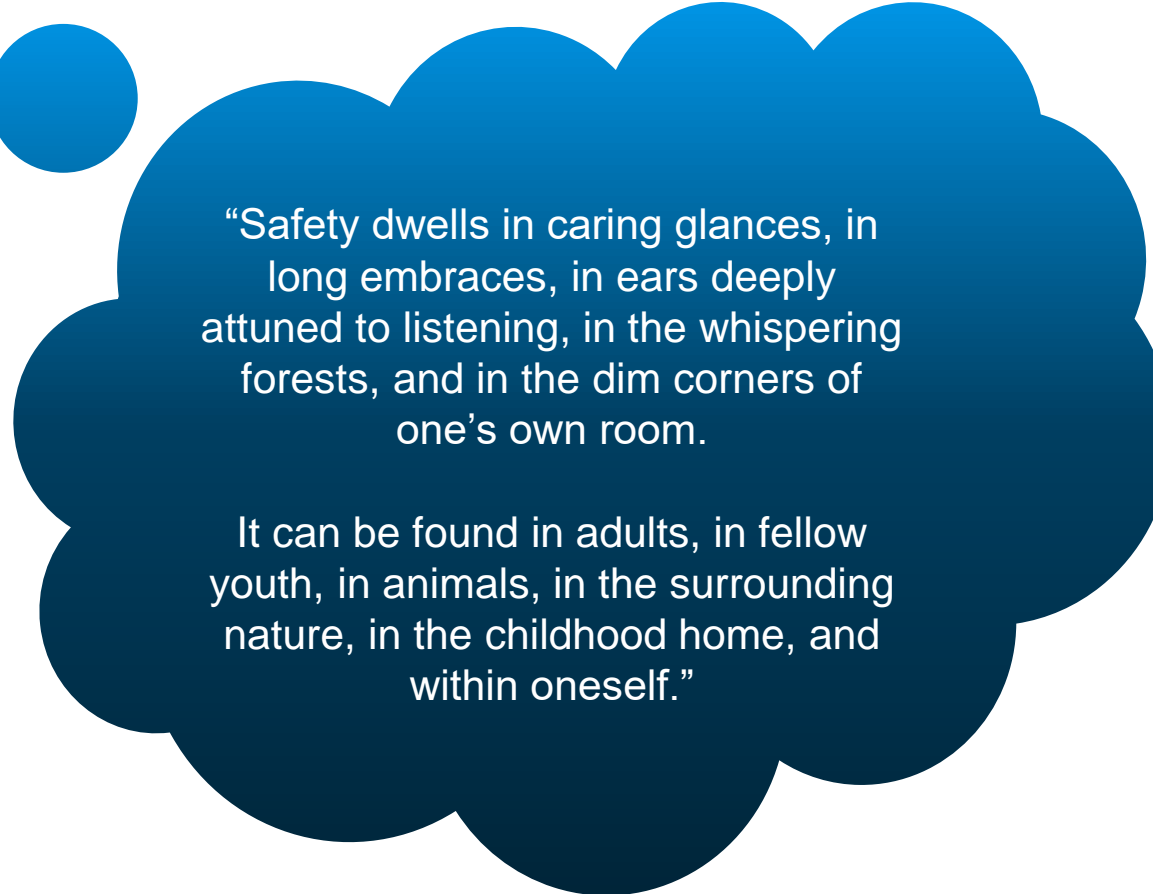
- Individuals' and communities' capacity to face crises effectively (Ma et al., 2023)
- Equitable access to essential services (Logan & Guikema, 2020)



Closing thoughts

- Community resilience is a foundation for wellbeing. At the same time, wellbeing strengthens our ability to build and maintain resilience in our lives and communities.
- Both community resilience and wellbeing can be promoted.

Together, we can make wellbeing and resilience an achievable goal for everyone and create environments where individuals and communities truly thrive.



“Safety dwells in caring glances, in long embraces, in ears deeply attuned to listening, in the whispering forests, and in the dim corners of one’s own room.

It can be found in adults, in fellow youth, in animals, in the surrounding nature, in the childhood home, and within oneself.”

(Quote by 9th-grade-student in Custódio et al., 2022)

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Thank you!

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