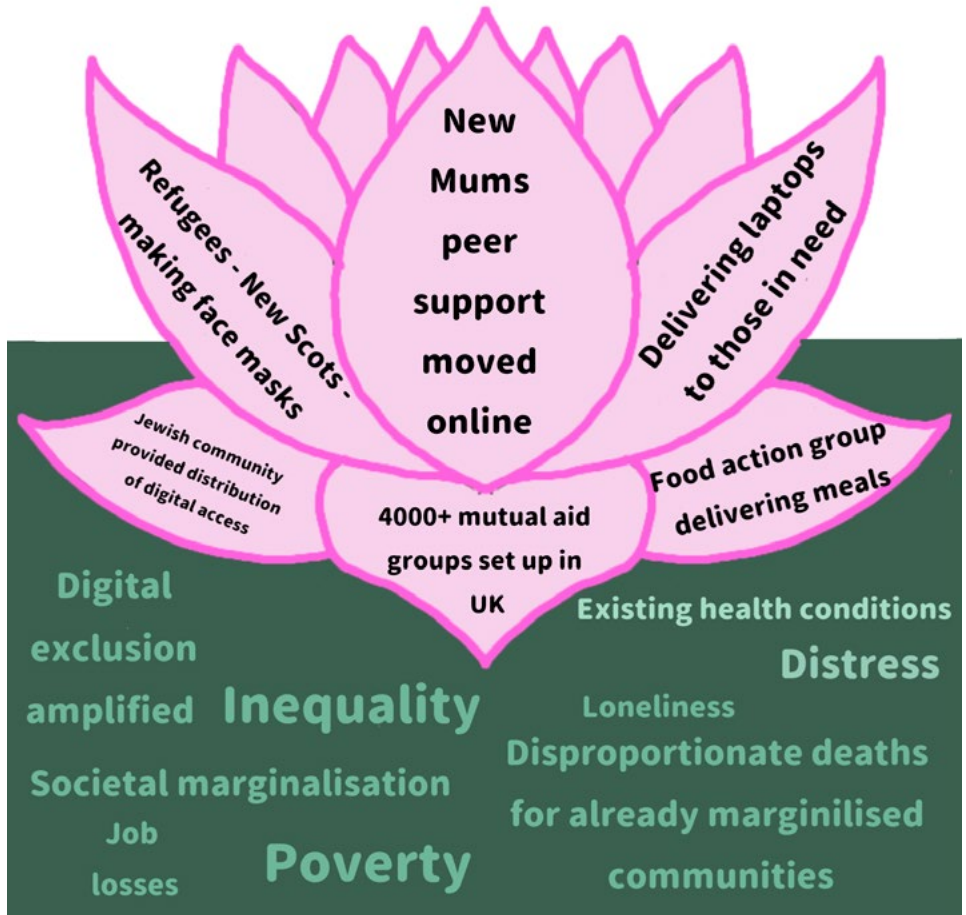




the british
psychological society
promoting excellence in psychology

CELEBRATING COMMUNITY RESILIENCE DURING THE COVID-19 PANDEMIC

From the beginning of the pandemic communities across the UK have demonstrated resilience in the face of adversity. This is despite many of these communities experience marginalisation and inequitable resources. Could this help psychologists to understand and utilise the strengths that already exist in when working to improve lives?



WHAT CAN PSYCHOLOGISTS LEARN FROM THE COMMUNITY RESILIENCE WITNESSED DURING THE COVID-19 PANDEMIC

The resilience demonstrated in response to the pandemic provides useful insights and questions for psychologists and their work.

Should psychologists be working more closely with communities to learn what works and what strengths exist?

Has the resilience witnessed in communities shown us that we should be working alongside communities as well as individuals?

How do we use the power we have as psychologists to build on the resilience we have learned about to improve health and wellbeing of people?

What macrolevel factors hinder or promote resilience?

What has been said about how psychologists could work alongside communities...



"A lot of community leaders are tired and are running out of ideas but also so caught up in the very practical that they don't have time to think of some of the psychological"

"I definitely think there is a place for psychologists, from people that can offer insight into things like covid fatigue"

Fiona Sharpe, a key link with Brighton's Jewish community