

Ways to Build Your Household RESILIENCE

Decrease your
"Buy-in"

Cook Food at
Home

Grow Some
Food

Practice Self-
Care

Feed the
Soil

Build
Connections

Preserve the
Harvest

Be Prepared

Sort out your
Energy

Get Water
Wise



Threats to Household Resilience

- Disasters- fire, flood, earthquake, drought, etc.
- Poor Health- chronic and acute physical and mental health challenges
- Disconnection- from friends and family, from community, from the natural world
- Financial Hardship- unemployment, recession, debt, etc.
- Climate Crisis- ecosystem collapse

Actions vs Strategies

- Action- a design solution that you use to solve your problem
- Plan- a documented complimentary combination of actions
- Strategy- a pattern in a stream of decisions that guides planning



Decrease your "Buy-in"

Reduce dependence on the monetary economy

- Examine your life goals and you work/life balance
- Make a weekly budget
- Can you reduce car use?
- How much money do you need for a good life?
- Can you break up with multi-national companies?

Food shared is happiness multiplied

- Share the load
- Bake bread, nurture a sourdough mother
- Make probiotic drinks
- Learn a few staple recipes
- Take lunch to work and utilize leftovers
- Create a weekly meal schedule

Cook Food at Home

Grow Some Food

Don't aim for self-sufficiency

- Start a veggie garden
- Start an herb garden
- Grow mushrooms
- Grow sprouts/microgreens

Healthy soil = healthy people

- Start a worm farm
- Compost everything you can

Feed the Soil

Preserve the Harvest

Make long-life food

- Pickling
- Canning/preserving
- Dehydration
- Fermenting

Sort out water security

- Audit water use
- Reduce dependence on municipal water
- Harvest and store rainwater
- Reuse grey water

Get Water
Wise

What happens if the grid goes down?

- Audit and reduce energy use
- Improve home efficiency- drafts, insulation, isolate unused areas
- Small is good
- Start with energy guzzlers- hot water, fridge
- Passive solar design
- Investigate solar and home energy storage
- Are there appropriate alternative energies?

Sort out your
Energy

Hope for the best, plan for the worst

- Save for a rainy day- emergency fund
- Maintain a well-stocked pantry
- First aid/CPR
- Join a local volunteer emergency service
- Identify most likely threat
- Develop emergency plan

Be Prepared

Connect to your community and the land you live on

- Learn your ecosystem- plants, animals, waterways
- Share food
- Connect with local indigenous community
- Get politically active
- Participate in community and find support

Build
Connections

Start where you are. Use what you have.

Do what you can. -Arthur Ashe

- Resilience requires rest
- Pace yourself
- Focus on creating positive habits
- Practice self-forgiveness
- Find your community
- Keep learning

Practice Self-
Care