



Co-funded by
the European Union



ERASMUS+ cooperation
partnership

Digital education tools for
SECURITY RISK MANAGEMENT

2021-1-LV01-KA220-HED-000023056



Co-funded by
the European Union

ERASMUS+ cooperation partnership
Digital education tools for
SECURITY RISK MANAGEMENT



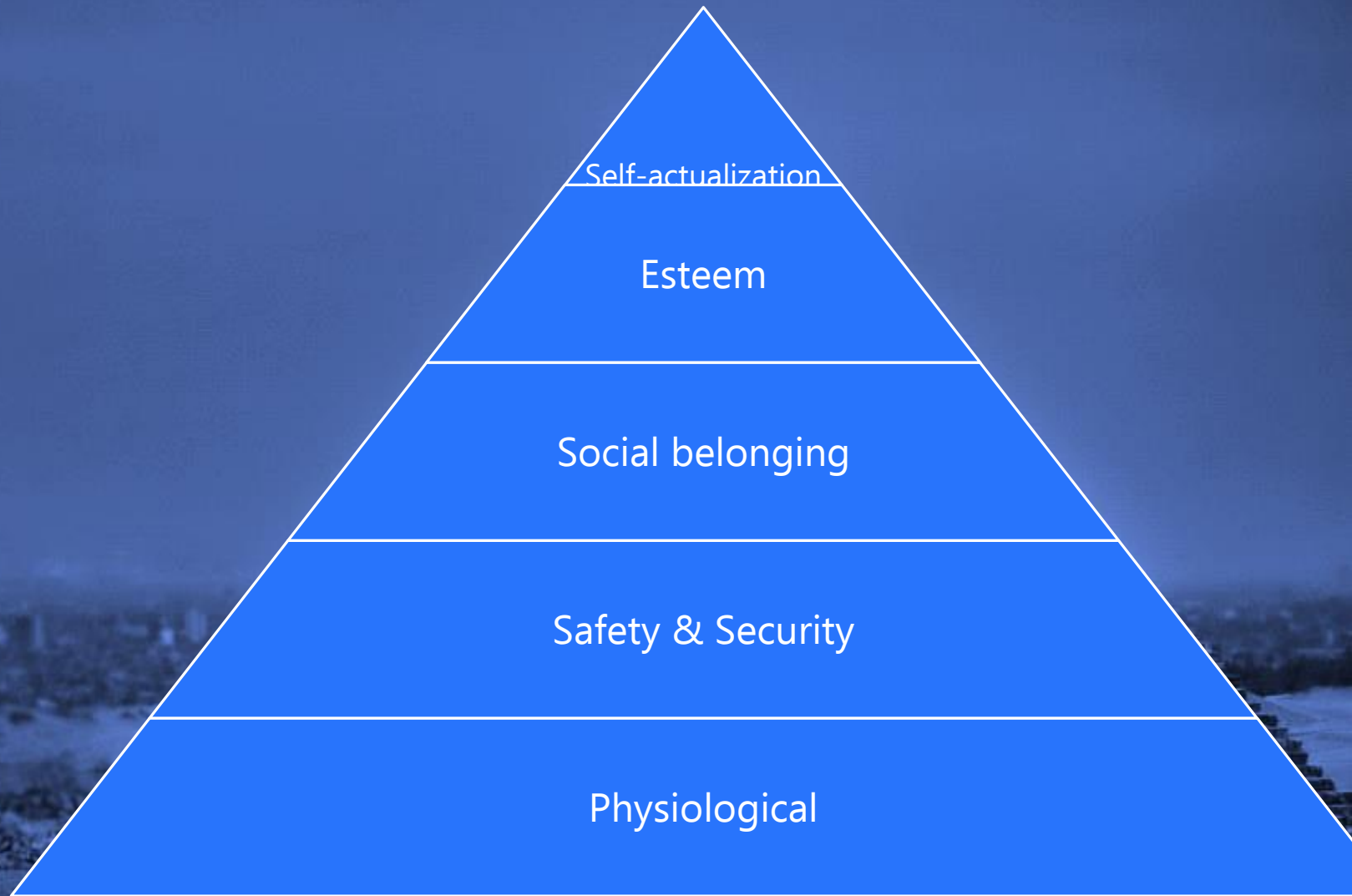
Human resilience

Kārlis Apalups

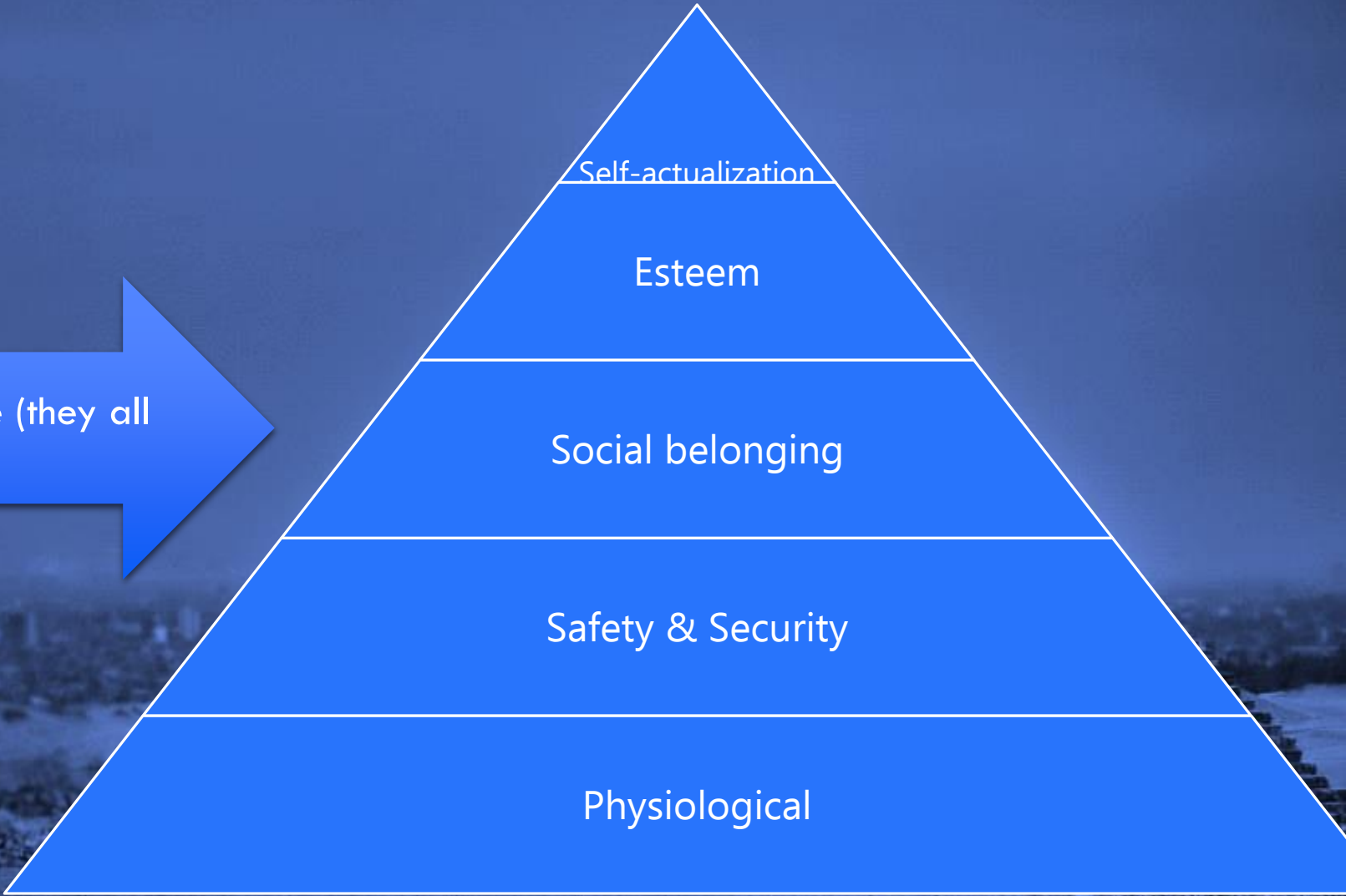
SECUREU project expert



SECURITY



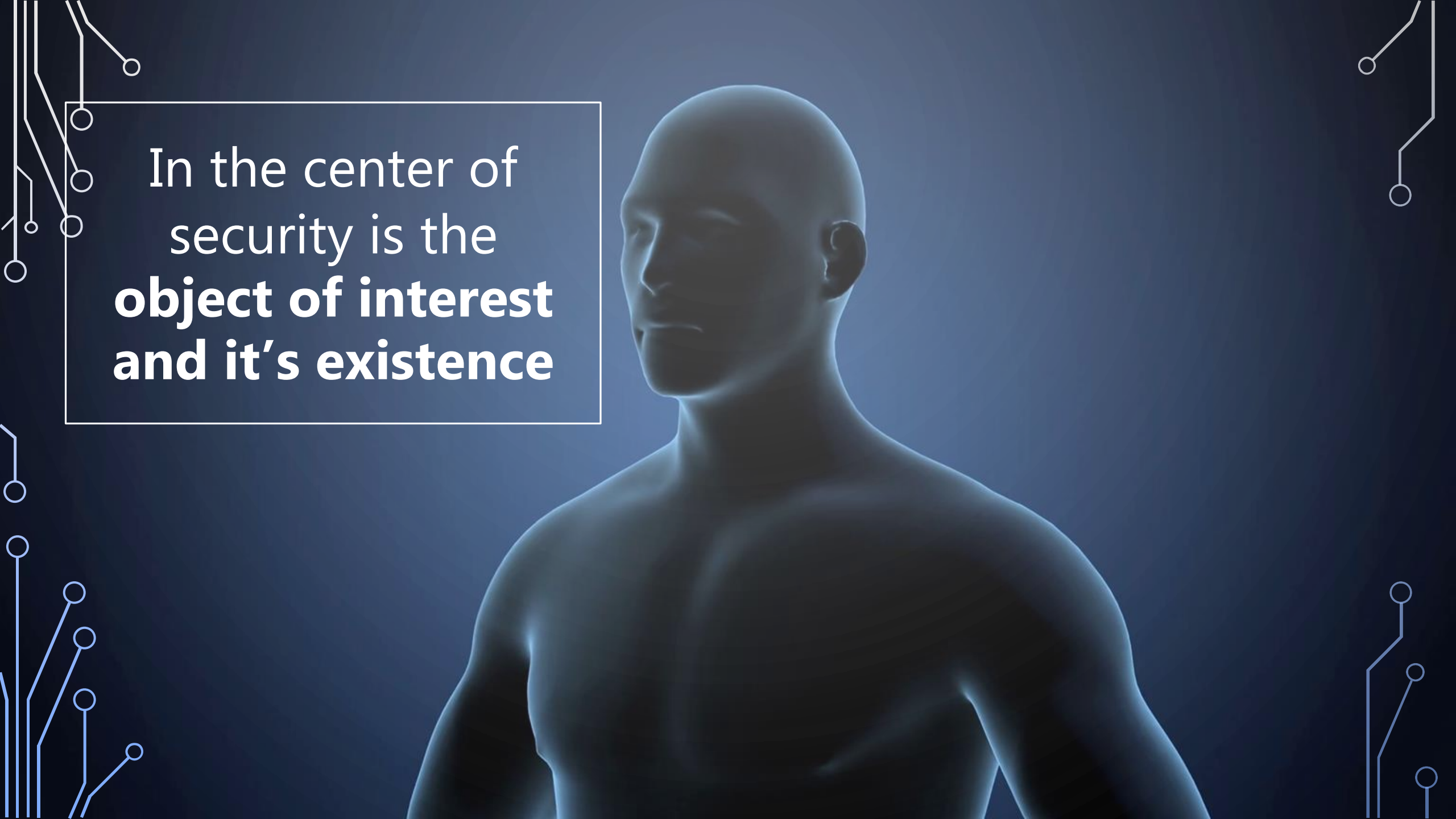
Each need has a security side (they all have risks)



Maslow's hierarchy of needs

DIVERSITY OF SECURITY FIELDS

Communications security	Computer security	Internet security	Software security	Data security
Digital security	Information security	Network security	Endpoint security	Airport security
Corporate Security	Food security	Environmental safety	Home security	Human security
National security	Public safety	Economic security	Psychological security	International security



In the center of
security is the
object of interest
and it's existence

What makes it insecure?

Threat

**Object of
interest**



**WHEN ARE WE AWARE OF
THREATS?**



SECURITY AWARENESS

- Security awareness is people's **knowledge** and **attitudes** towards protecting their physical and information assets.

(A. Kakareka, Network and System Security (Second Edition), 2014)



AWARENESS

- The state of being **coherently aware of oneself and one's surroundings** while awake, conscious, and not under hypnosis or in an eclipse of consciousness caused by illness, drugs, or other factors.

(Idea dictionary. Rīga, Zvaigzne ABC, 1999.)



KNOWLEDGE & ATTITUDE

Resilience





FEAR

INDIFFERENCE



RELAXATION



FEAR

Watch video:

<https://www.youtube.com/watch?v=jW9fSjShF-4>



FEAR FATIGUE

- Fear fatigue, defined as "demotivation to follow recommended safe behaviours that occurs gradually over time and is influenced by multiple emotions, experiences and perceptions", was reported by 80% of respondents in a recent survey. Fear fatigue can often lead to careless behaviour by employees.

(Still Enduring from Home, Malwarebytes, 2021.)

What Can Exposure Therapy Help Treat?

Phobias

Panic disorder



Post-traumatic stress disorder

Obsessive-compulsive disorder



Generalized anxiety disorder

Social anxiety



How to train?

(prolonged) exposure therapy



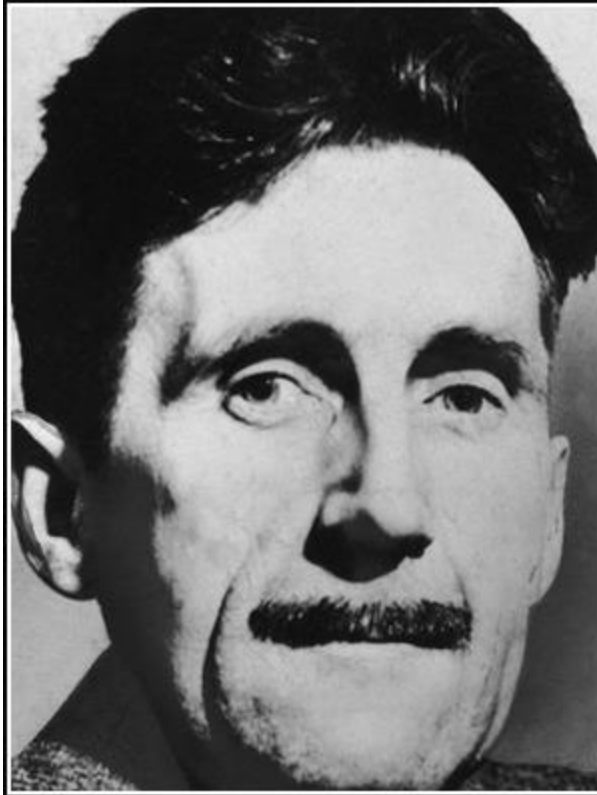
Exercise: I am afraid that... (something will happen) OR I am afraid of... (what)

Write a full sentence - **anonymously**.

INDIFFERENCE

A black and white photograph of a hand held palm-up, with the words "I DON'T CARE." written in black marker on the palm. The hand is in sharp focus, while the background is a blurred crowd of people, suggesting a public gathering or protest. A red banner with the word "INDIFFERENCE" in white, bold, sans-serif capital letters is overlaid at the top of the image.

I
DON'T
CARE.



War is peace. Freedom is slavery.
Ignorance is strength.

— *George Orwell* —

AZ QUOTES

Caring vs not-caring

Energy consuming vs energy saving

Watch video:

https://www.youtube.com/watch?v=IGQmdoK_ZfY

Exercise: I care about... (what)

Write a full sentence.

Caring is about knowledge of benefits and changing attitude accordingly:

- Work on «**culture of caring**»
- Make the issue **personal**
- Involve yourself and others in the process of **creation**
- **Motivate and correct**

RELAXATION



Each day, an average of **6,000 people die** as a result of work-related accidents or diseases, totalling more than 2.2 million work-related deaths a year.

Of these, about **350,000 deaths are from workplace accidents** and more than 1.7 million are from workrelated diseases.

In addition, **commuting accidents** increase the burden with another 158,000 fatal accidents

In the European Union, for example, the incidence rate for non-fatal accidents is 50% higher among young workers than among any other age category.

Young VS Old

In the oldest age group - The European Union has noted that the incident rate of fatal accidents at work was more than twice the rate of the youngest age group

It's about intensity

The average attention span of an adult is about **20 minutes**.



Stop multitasking. Concentrating on a single task ensures all your mental resources stay focused on one thing instead of several competing for your energy.



Use active listening. Practicing attentive listening can help you tune in to what others say and interpret their feedback.



Exercise. Exercise improves attention and focus in people with ADHD



Drink water or chew gum. Staying hydrated and chewing gum can help you stay alert and focused

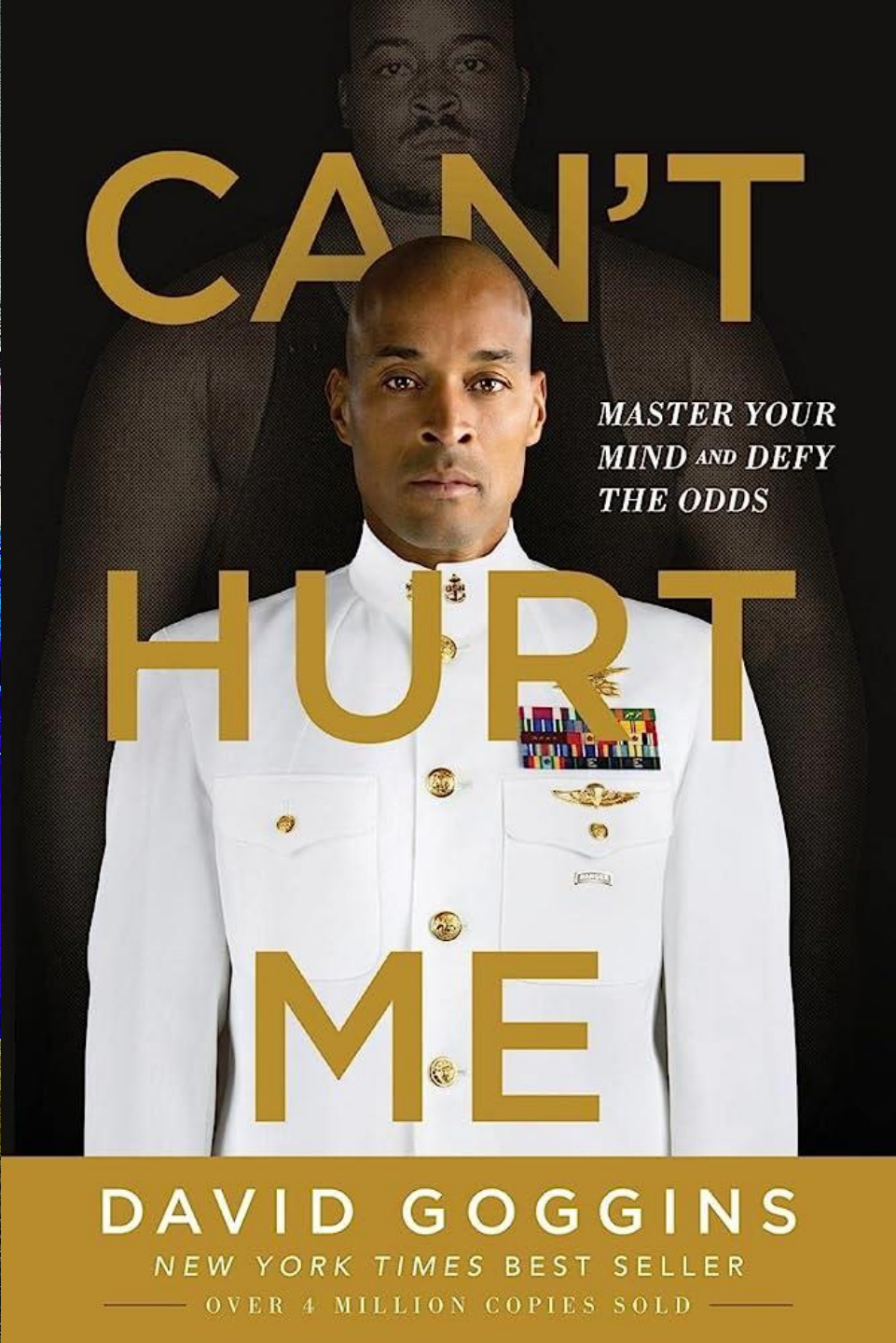


Do some meditation and relaxation exercises. Daily meditation can increase your overall attention span



Reduce interference and distractions. Removing anything that might interfere with your concentration is another excellent way to increase your attention span

Additional resources:



Task for the afternoon:

- Write down your weaknesses (Fears, indifferences, relaxations)
- Write to each how you can overcome them and what can you do to become more resilient
- Discuss it with a partner and encourage each other. Share tips & tricks and stories

Example:

I am afraid of heights, so i will start to climb higher buildings and look out their windows

I am indifferent to my hair, but i know it will make me more appealing, so i will try to experiment with my hair styles and make it fun for me

I am relaxed about my health, but i know i want to live a healthy, happy and long life, so i will start to workout