

## **Abstract**

**Title:** Mental Resilience in Emergency

**Objectives:** The objectives of this bachelor thesis are to create a complete file of informations related to psychological resilience and emergency due to the effect of stress and psychological burden on affected people by the emergency.

**Methods:** In this thesis the methods of descriptive–analytical character were applied. For obtaining the necessary informations and the introduction of theoretical background was used searching of study sources.

**Results:** The result of this thesis is a summary of informations about mental resilience and about stress during stressful situations and emergencies. Furthermore, this thesis concerns a summary of informations about types of human behavior in emergencies and their emergency reactions. Also the course of traumatic stress is described.

**Keywords:** psyche, resilience, emergency, stress, crisis, trauma