

Resilience Index 2026

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Sicherheitsdialog | FGS Global | HSPV NRW

Resilience Index Study: Results



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I. Foreword Andrea Lindholz

”Dear readers,

Energy crises, geopolitical tensions, sabotage and cyberattacks on critical infrastructure, as well as the growing impacts of climate change are challenging our society in ways many of us never anticipated. We live in a time when crises no longer occur individually and in sequence but overlap and reinforce one another. This simultaneity of multiple threats is causing a sense of unease among parts of the population, which is being further exploited through disinformation campaigns waged by foreign powers.

As a domestic policy legislator, I have been intensively engaged with questions of civil protection and civilian defense since entering the German Bundestag in 2013. One insight has been confirmed time and again: state structures alone cannot reach all citizens simultaneously and directly in an emergency. However hard our authorities and relief organizations work, it must be equally clear that a large share of their capacity will be tied up in any major disaster or large-scale emergency. Official measures can therefore only complement the population’s capacity for self-help. Self-protection is thus a central component of civil protection. Each and every one of us can contribute to our own safety and help relieve the burden on emergency services.

The COVID-19 pandemic showed us, just a few years ago, how important stockpiling and preparedness can be even at the private level. Many people began at that time to seriously engage with questions of personal preparedness. We must build on those experiences and on the awareness that has grown from them. The debate about personal crisis preparedness must be carried into the broader fabric of society. It is even more important that as many citizens as possible are empowered to prepare independently. This is not a sign of distrust in the state, but an expression of a shared culture of responsibility. To achieve this goal, we need

stronger information and awareness-raising campaigns. Only through continuous and transparent risk communication can we sustainably strengthen the population’s capacity for self-protection and self-help. In doing so, we build a society that is not only crisis-resilient but also defined by solidarity.

The Resilience Index 2026 presented here addresses precisely this issue. It asks not only about state structures and technical preparedness measures but also examines the subjective resilience of the population. The focus is on how people assess their own capacity to act and what trust they place in themselves and their social environment. These questions are of decisive importance, because genuine resilience means not only surviving crises, but also proactively adapting to new realities.

One aspect is particularly important to me: the relevance of local networks and voluntary engagement. In an emergency, local community structures or neighbors are often the first to respond on the scene. It is the municipalities, the volunteer fire brigades, the Federal Agency for Technical Relief (THW), the relief organizations, and many other volunteers who form the backbone of our civil protection system. Those who engage in these structures or simply maintain contact with their neighbors not only strengthens the community, but also their own resilience.

I hope this study receives wide attention and that it makes an important contribution to the debate on crisis preparedness and resilience. Because one thing is certain: the ability to cope with crises is not a task we can leave to the state alone. It starts with each and every one of us.”

Berlin, May 2026

Andrea Lindholz, MdB Vice President of the German Bundestag



I.I Foreword Resilience Index Partners



Daniel Auwermann
Co-Initiator,
Sicherheitsdialog e.V.

Germany finds itself in a gray area. Not at war, but not at peace either. This sober assessment by the Parliamentary Oversight Committee marks a turning point in our understanding of security.

But how resilient does our society actually feel? How well do we assess our preparedness for crises that are no longer abstract scenarios, but lived reality? According to the Federal Ministry for Economic Cooperation and Development, resilience describes the ability of individuals and communities to weather difficult situations without lasting impairment, to adapt their own behavior, and to prevent future crises. Resilience is thus no longer an abstract virtue, but a necessity for our society.



Eva Christiansen
Partner,
FGS Global

The Resilience Index 2026 provides answers to these questions. Commissioned by Sicherheitsdialog e.V., FGS Global, and the University of Applied Sciences for Police and Public Administration of North Rhine-Westphalia (HSPV), more than 2,500 people in Germany were surveyed between February and March 2026, including business leaders and employees of emergency services. The sample was stratified by age, gender, and federal state and is representative of the German population in terms of its composition.

The findings show: crises are no longer perceived as exceptional events, and the gap between being affected and being prepared is significant. In short, we find that, as a society, we currently lack orientation.



Prof. Dr. Jakob Schirmer
HSPV NRW

This is precisely why we have conducted this study. It is not merely a report on the status quo. It is a call to action: A call to policymakers to set clear priorities and create the necessary framework. A call to the business community to view resilience as a strategic responsibility. A call to civil society to strengthen both solidarity and a sense of personal responsibility. The study is also a call to each of us to be prepared for crises — to be better informed, emotionally resilient, and capable to take action.



II. Study Objectives and Approach

II. Research Objective and Approach: A New Perspective on Resilience

Sicherheits
dialog

FGS·GLOBAL



Sicherheitsdialog e.V., FGS Global, and the HSPV NRW have jointly launched a study to conduct a data-driven analysis of resilience in Germany and to identify key areas for action.

CHALLENGE

Germany finds itself in a gray area — not at war, but not at peace either. This assessment by the Parliamentary Oversight Committee on October 13, 2025, highlights our fragile geopolitical situation. By systematically collecting up-to-date data on the population's crisis preparedness, capacity to act, and resilience, we can better identify weaknesses in public awareness and preparedness.

APPROACH

From February to March 2026, we commissioned a representative survey of 2,016 people to gauge perceptions of the current security situation in Germany. To obtain a comprehensive picture, we also included two key stakeholder groups: 501 business executives and 152 members of emergency services.

EFFECT

Crisis preparedness affects us all, but how well is Germany really prepared? This study provides a data-driven picture of the country's perceived state of readiness. It highlights where the gap between the impact of crises and preparedness becomes apparent, where there is a willingness to act, and who the public believes is responsible. The findings are not merely a report on the current status quo; they are a call to action for policymakers, the business community, and our society.

II. We surveyed more than 2,500 people in Germany to understand their views on resilience.

The data was collected from February 23, 2026, to March 5, 2026.



A total of
2,016 people
from the general
population were
surveyed,

as well as

152

people who work for
emergency services

and

501

business executives

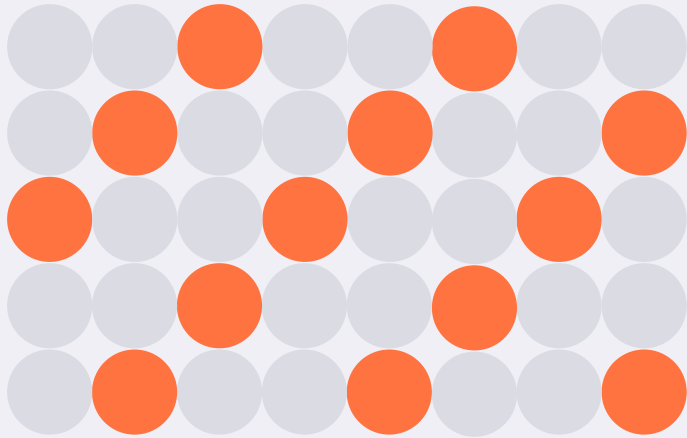


III.

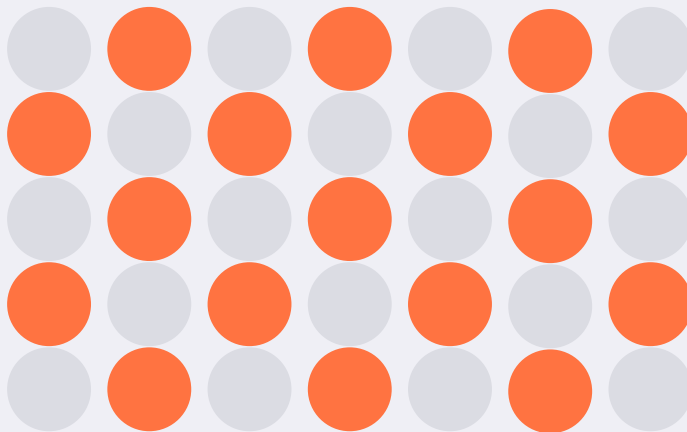
Key Points

III. Key Points 01

Find the full analysis: pp.12-13



One in three people surveyed



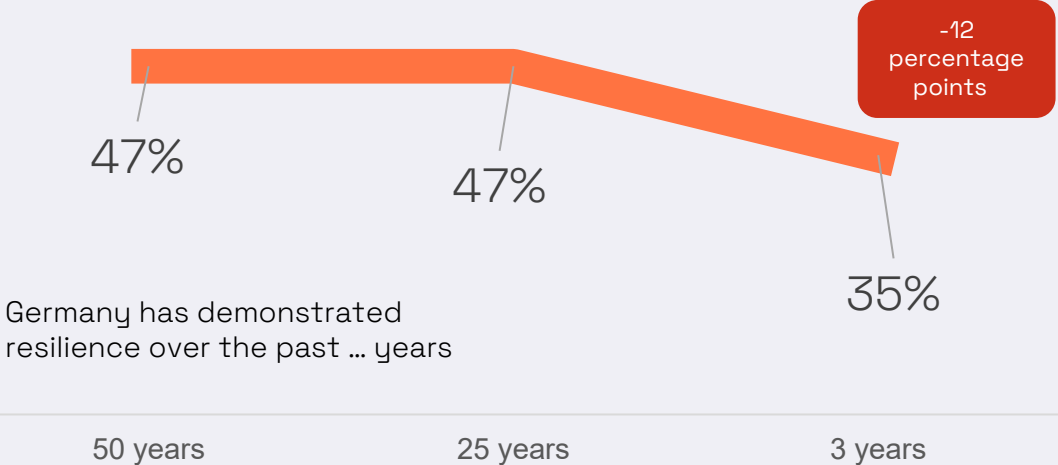
Among 18–34-year-olds: one in two



III. Key Points 02

Find the full analysis: pp.15-18

In the respondents' view, Germany was more resilient 50 and 25 years ago than it is today



Germany has demonstrated resilience over the past ... years

→ Only 3 out of 10 believe that Germany has demonstrated resilience over the past 3 years

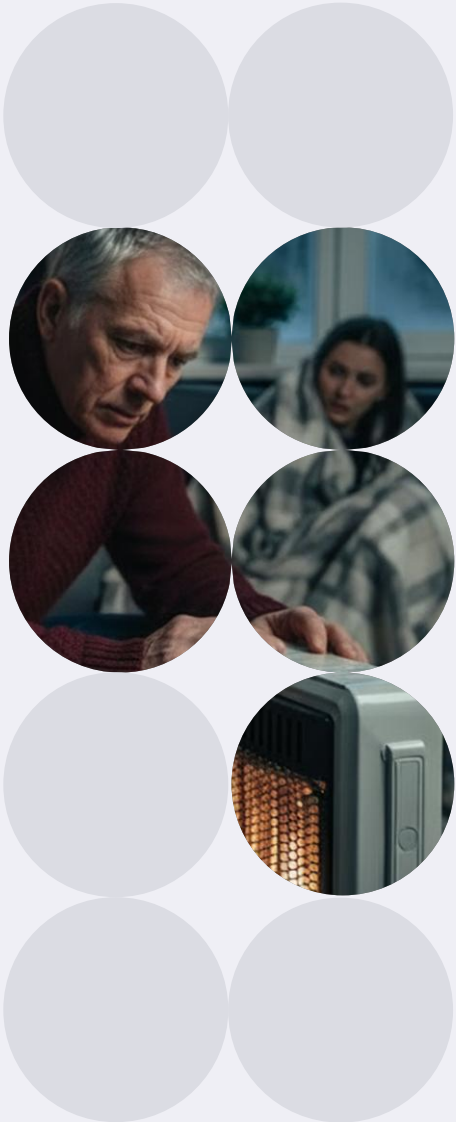
The public clearly believes the government has a responsibility to take action.

58%

believe that "the federal government should do more to strengthen resilience in Germany"

III. Key Points 03

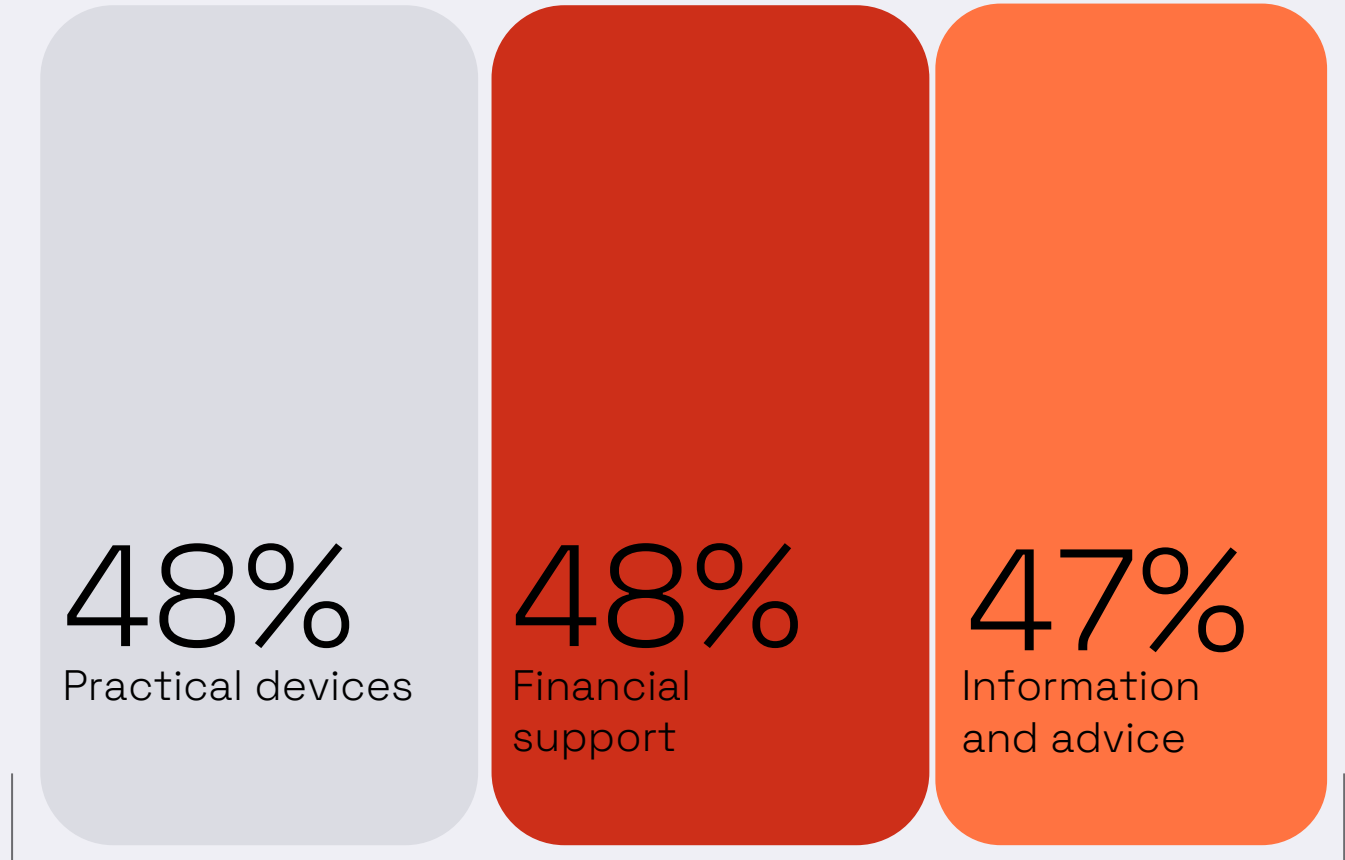
Find the full analysis: pp.20-21



5 out of 10 respondents say they have already taken initial steps to prepare for a crisis (e.g., stockpiling supplies, heating)

They look for financial, practical, and information support from the government.

What kind of support would help you feel better prepared for crises?



TOP-3

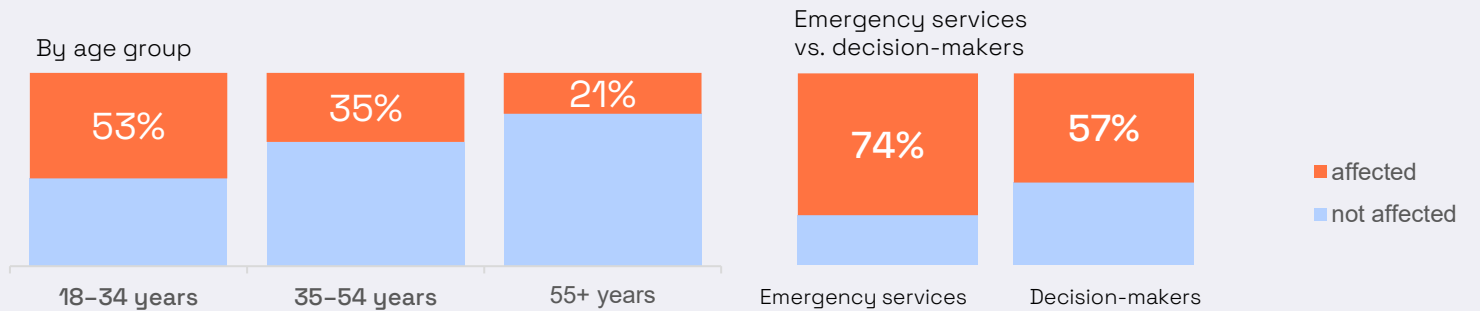
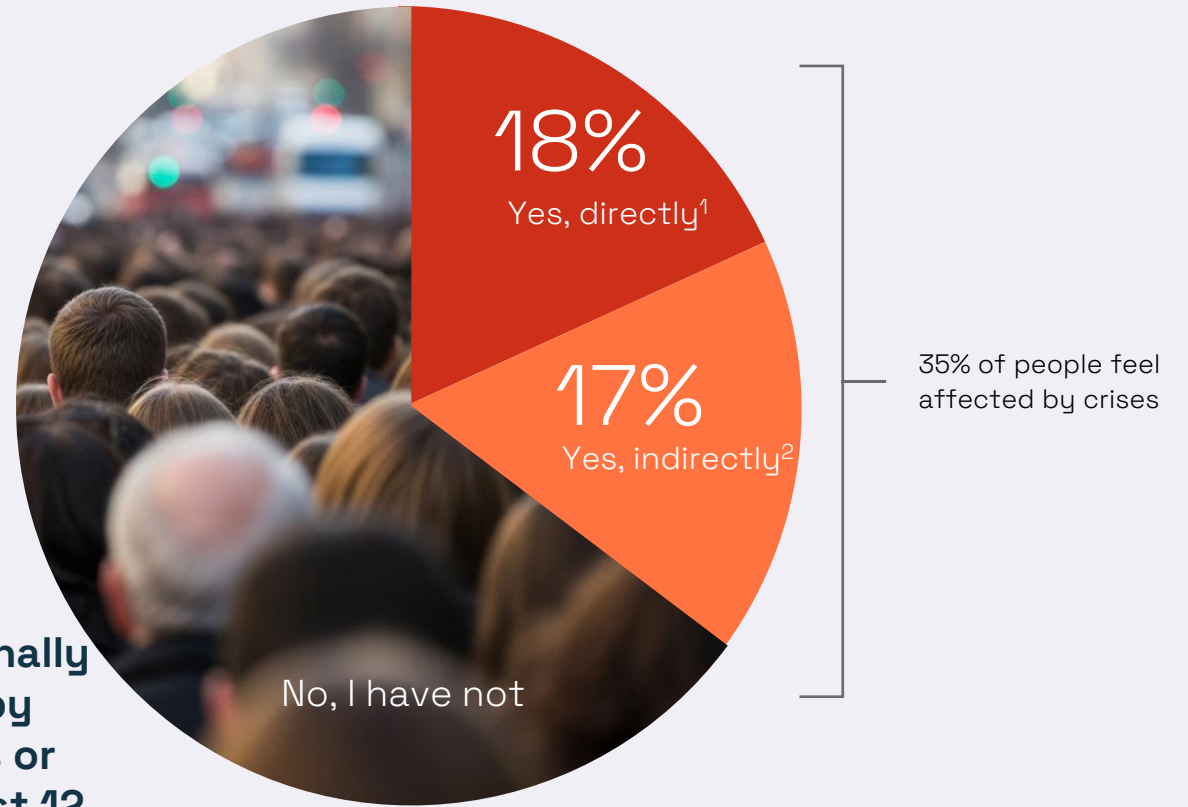


IV. Analysis

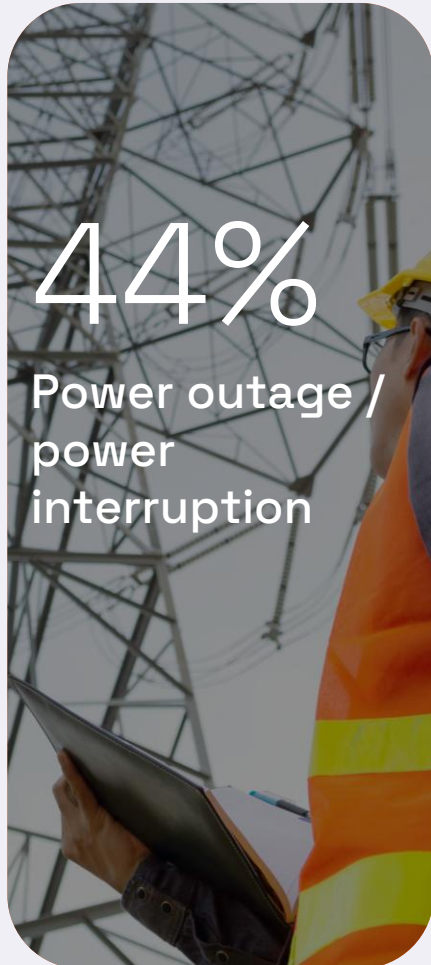
IV. More than one in three people in Germany have felt affected by shocks or crises in the past 12 months.

- More than one in three people reported feeling affected by shocks or crises in the past 12 months.
- Among 18- to 34-year-olds, the figure rises to one in two.
- Managers and employees in emergency services feel affected more often than the average person.

Have you personally been affected by external shocks or crises in the past 12 months?



IV. What those affected perceive



44%

Power outage /
power
interruption

Among the 35% of those affected, 44% of respondents reported power outages and 37% reported extreme weather.

20%

Personal
experience with
crime

(e.g., burglary, robbery,
fraud)

24%

Economic or
financial crisis

12%

Threat to public safety
(e.g., civil unrest,
terrorism, attacks)

37%

Extreme weather

(e.g., floods, heat waves,
storms)

29%

Pandemic or health
crisis

15%

Cyber incidents

16%

Supply shortages

IV. Resilience is most commonly associated with bouncing back, followed by individual psychological states and expectations of solidarity within the community.

At the same time, 15% of respondents indicate that they do not have a clear understanding of what resilience actually means.

Respondents indicated which terms they associate with “resilience in society”

20%
Resilience as the ability to bounce back

„Stability under stress“,
„Perseverance“,
„Stress tolerance“,
„Moving beyond victimhood“,
„Hardiness“

17%
Focus on psychological aspects

“Optimism,” “confidence,” “hope,”
“pessimism,” “fear,” “courage,” “trust,”
“harmony,” “peace”

17%
Focus on solidarity

“Solidarity,” “Community,” “Helpfulness,”
“Teamwork, Responsibility, and Spirit,”
“Mutual Support,” “Social Networks,” “COVID-19 Vaccination”

15%
No idea at all

“I don’t know,” “I’m not familiar with that,” “I can’t say,” “I have no idea,”
“unknown”

12%
Examples of crises

“Pandemic,” “war,” “Ukraine,” “COVID-19,”
“climate change,” “natural disaster,”
“environmental damage,” “power outages,” “flooding”

9%
Resilience as the ability to adapt

“Flexible, spontaneous, fast-paced,”
“Learning from crises and growing stronger,” “Flexibility,” “Adapt, learn, overcome,” “Transformation,” “Change”

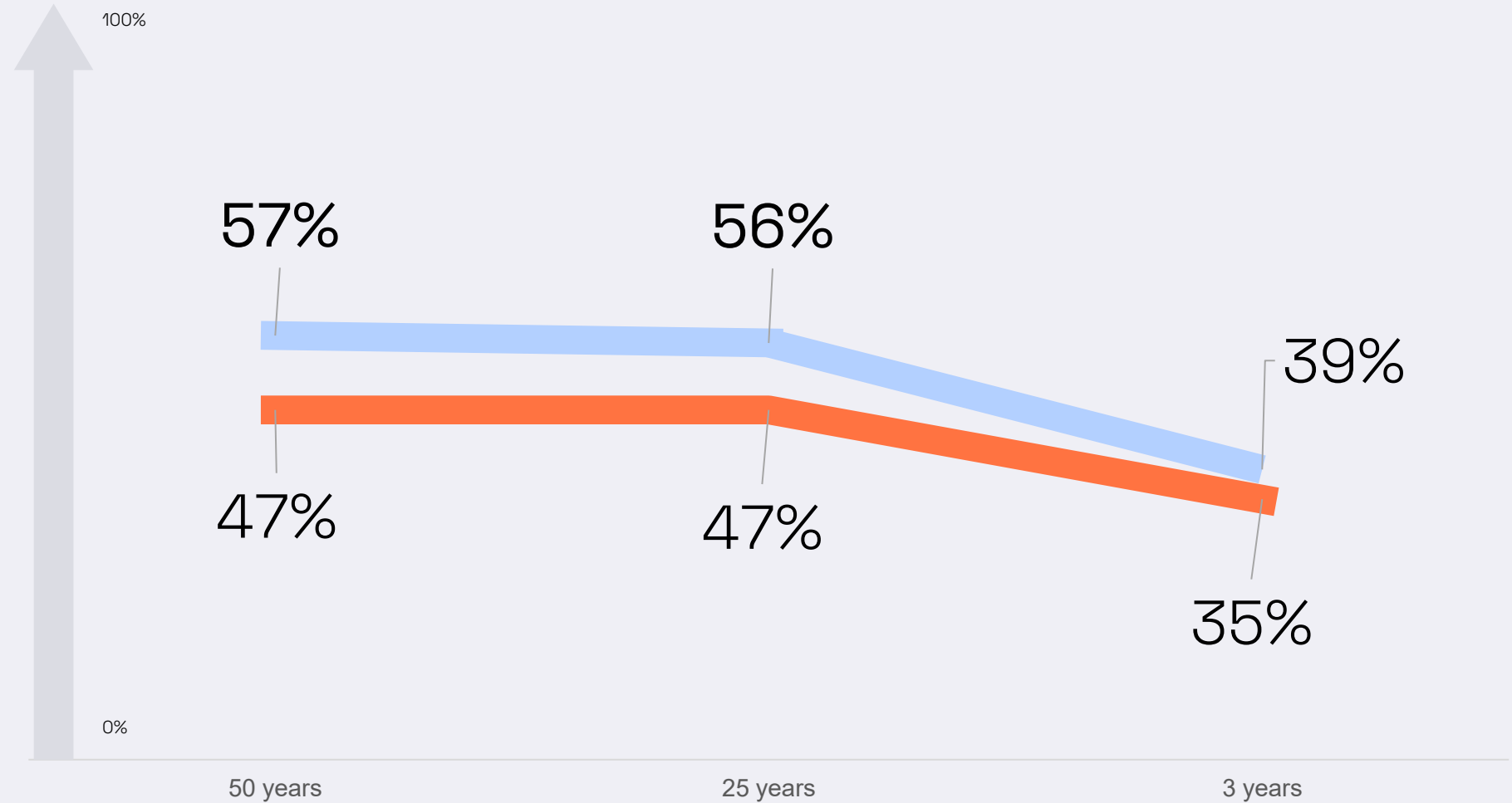
IV. In recent years, Germany has been perceived as significantly less resilient than it was 25 and 50 years ago

Decision-makers surveyed believe that Germany was more resilient 25 and 50 years ago.

- Decision-makers
- General public

“Germany has shown itself to be resilient in the face of crises over the past ... years”

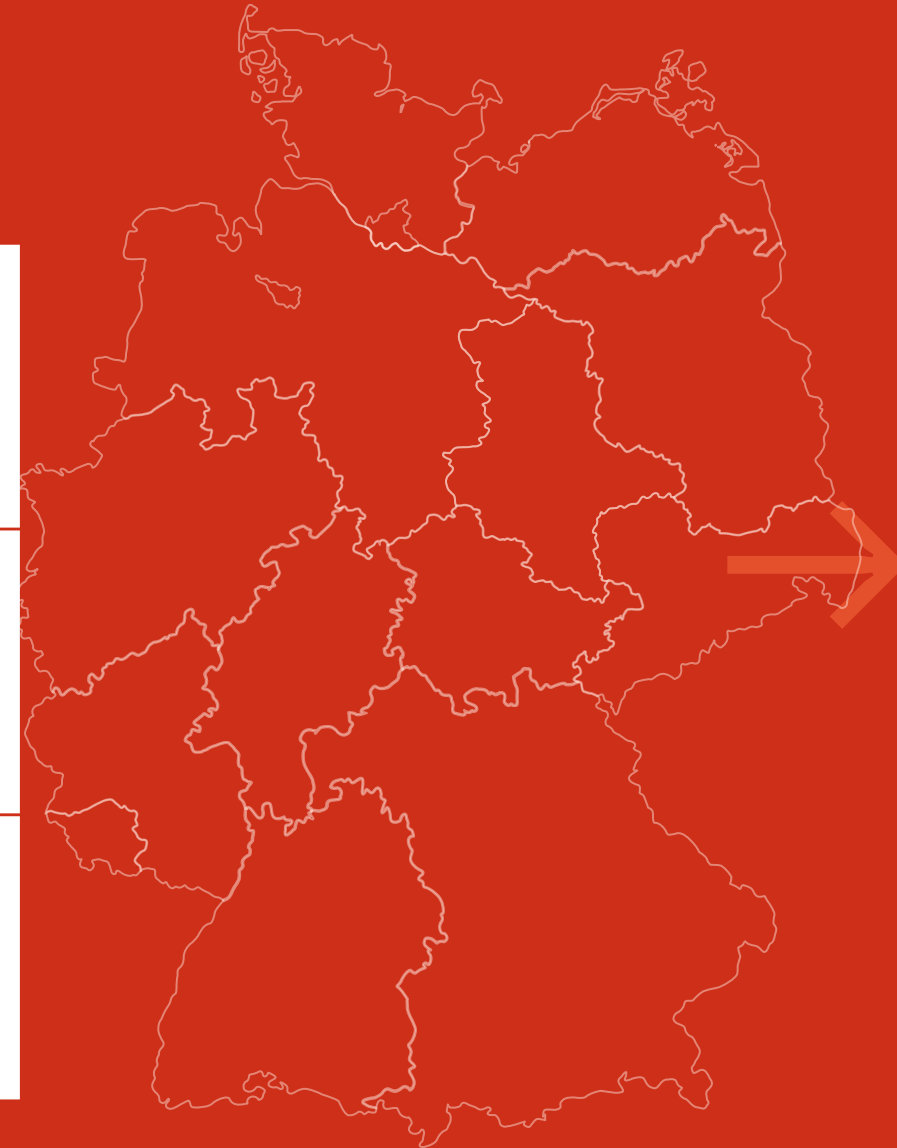
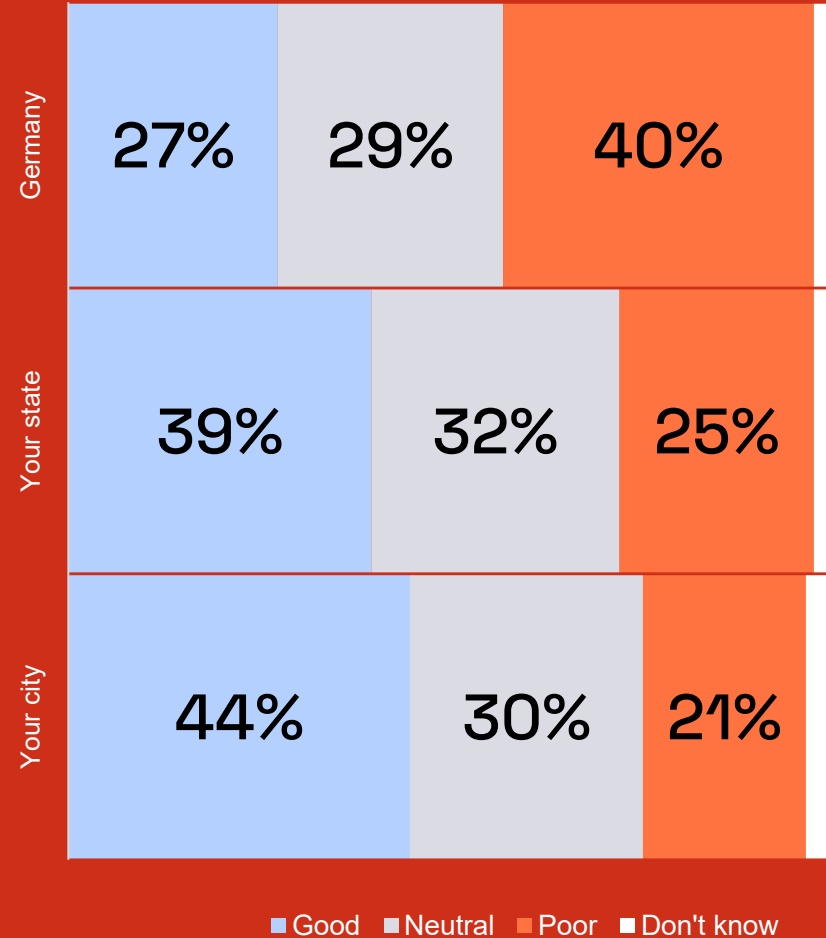
Percentage of approval to the statement in %



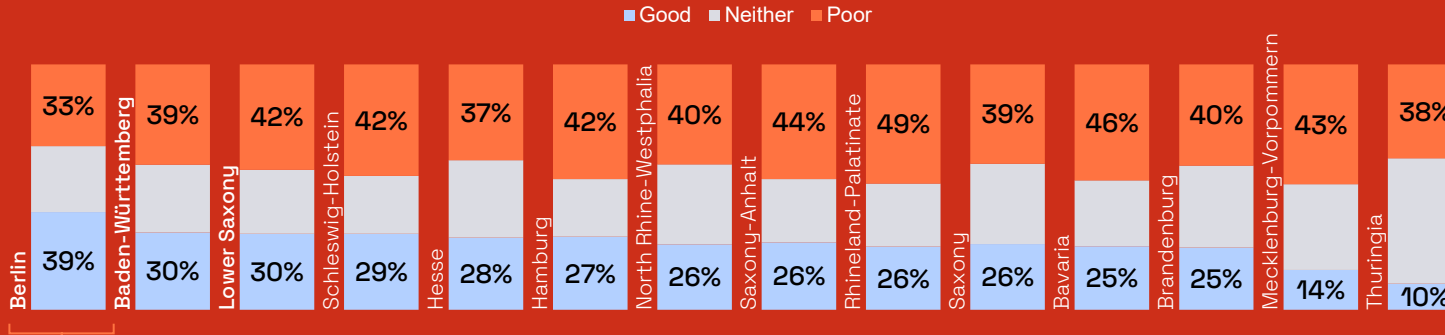
IV.

Resilience is viewed more positively at the city and state level than at the national level.

Overall, how would you rate the level of resilience in ...?

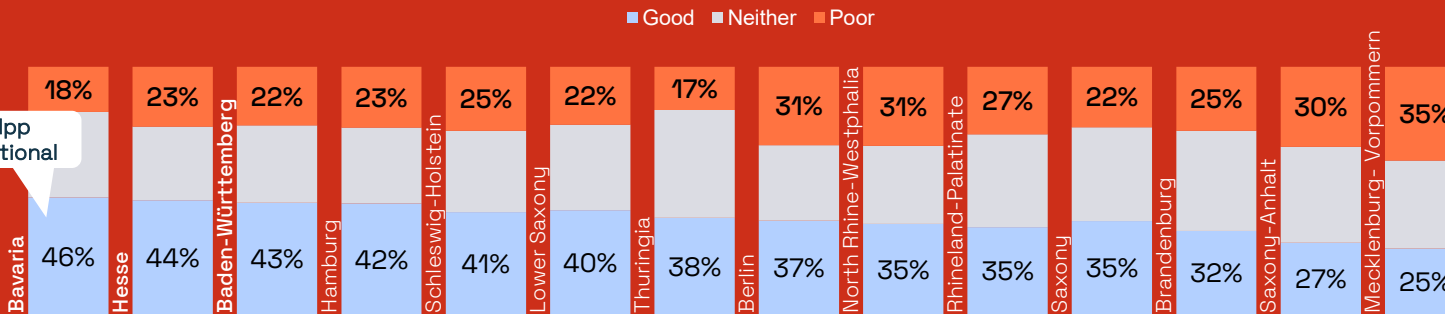


In most federal states, Germany's resilience is rated as "poor" or "very poor." Berlin is an exception, where the assessment is predominantly positive at 39%.



In Berlin, resilience is rated highest in Germany compared to other federal states

At the state level, Bavaria, Hesse, and Baden-Württemberg are ranked as the most resilient states in Germany²



Top 3 states with the highest ratings of their own resilience

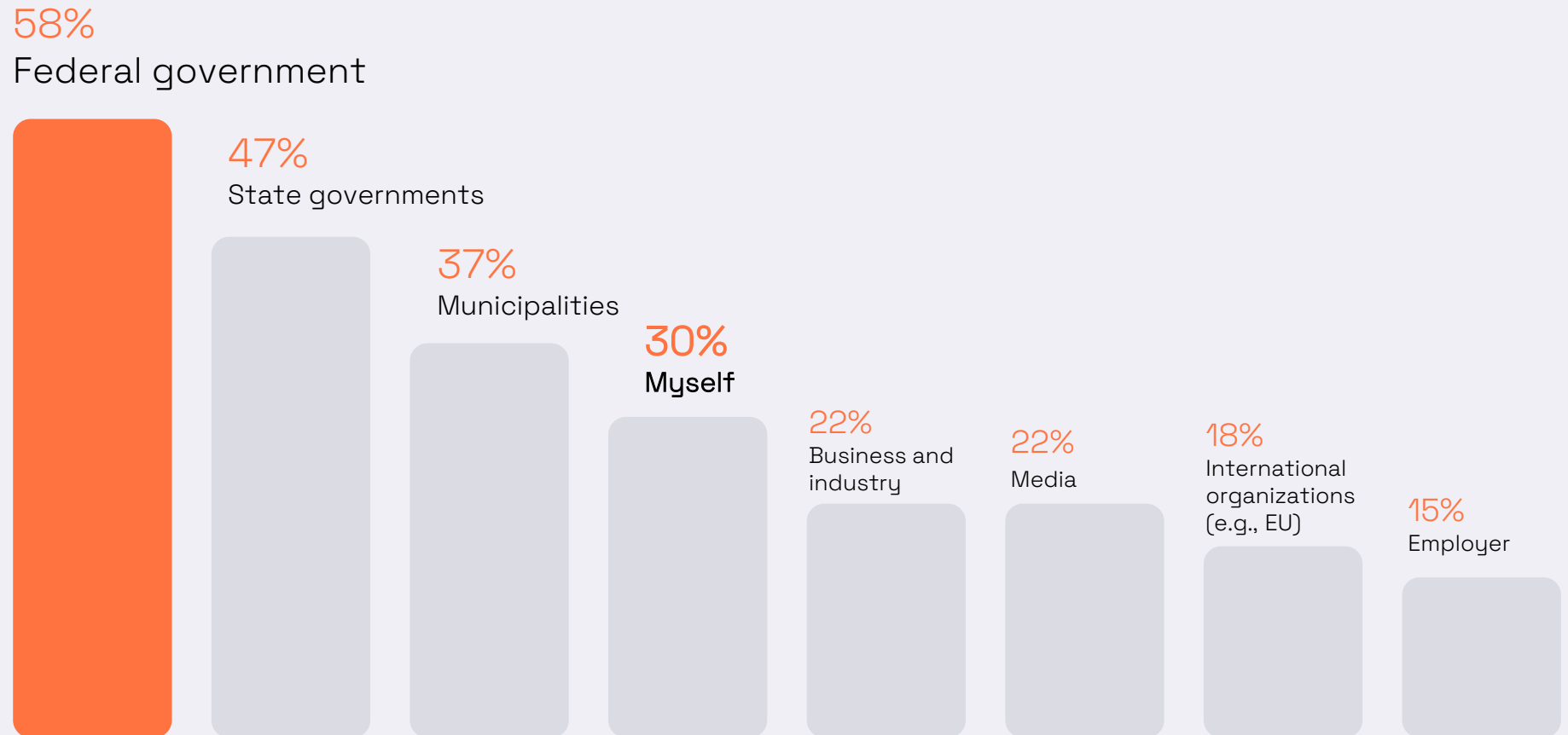
+28pp vs. national

The public generally views resilience in their own federal state much more positively than at the national level.

IV. 58% believe the federal government is responsible for strengthening Germany's resilience.

Only 30% of those surveyed feel a personal responsibility to strengthen resilience.

In your opinion, who should do more to strengthen resilience in Germany?



IV.I A large proportion of those surveyed are unsure whether they could handle an unexpected crisis.

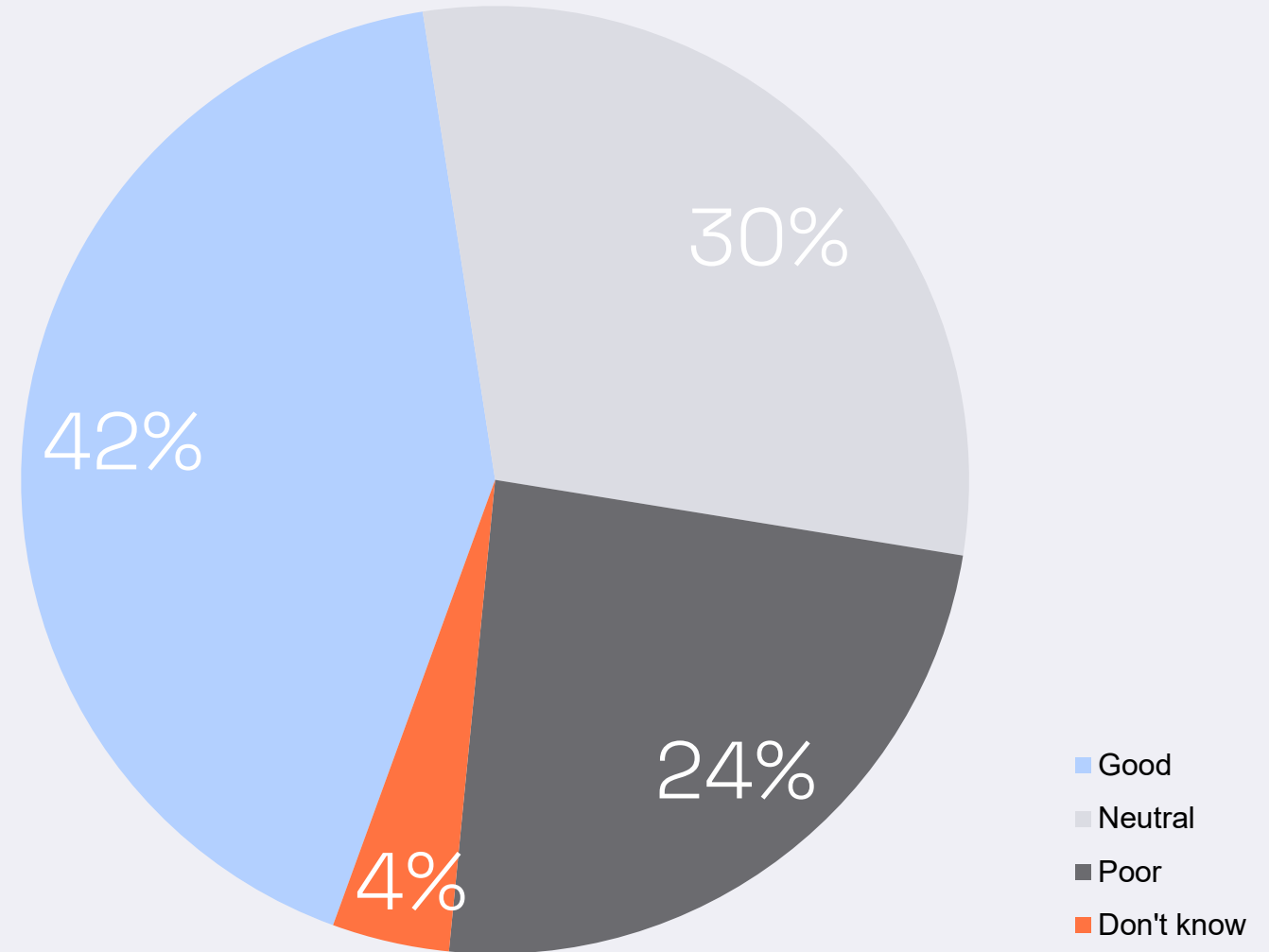
54%

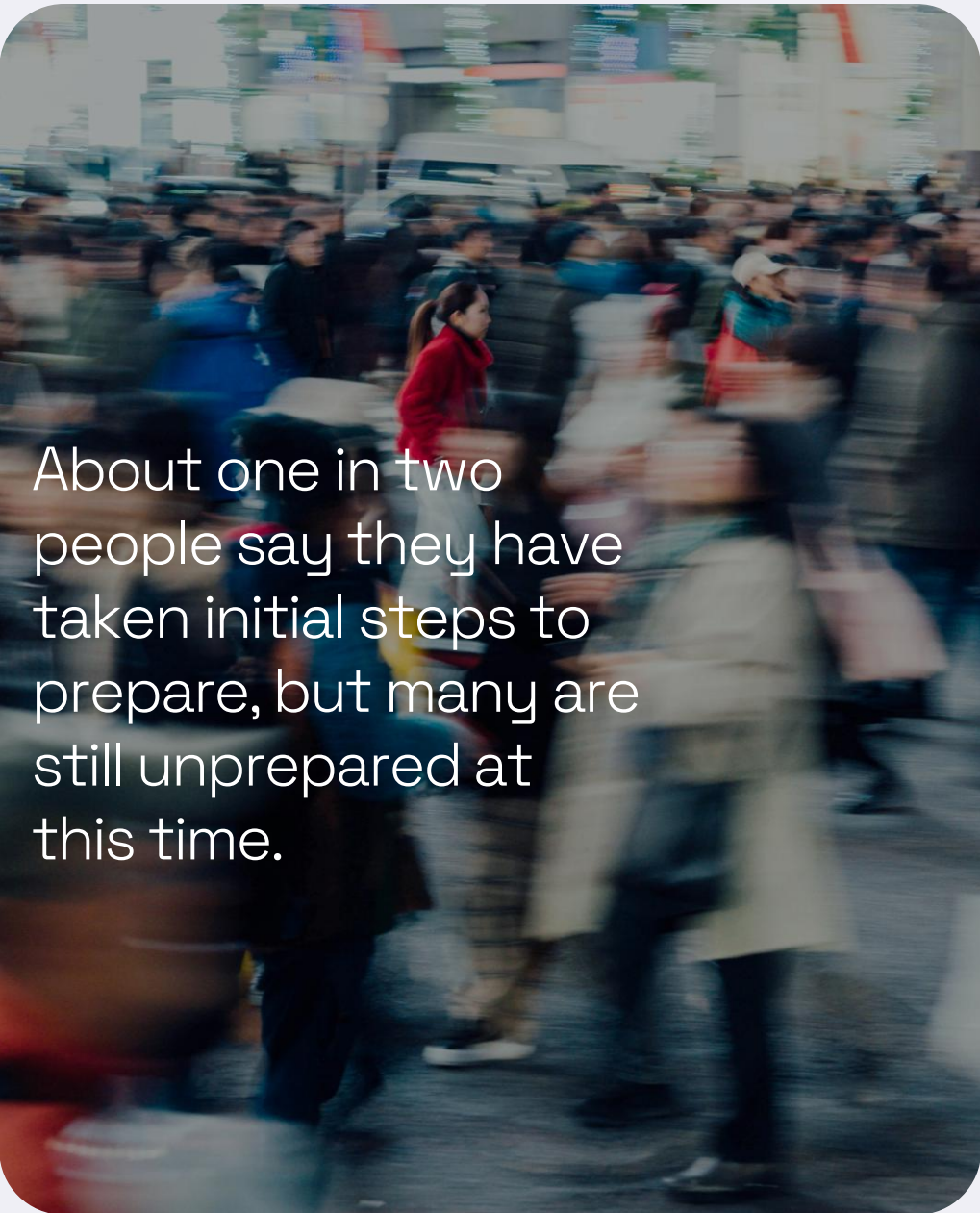
would rate their own preparedness for crises "neutral" or "poor"

42%

are unsure whether they can handle an unexpected crisis

IV.II. Overall, how would you rate your own preparedness for crises?





About one in two people say they have taken initial steps to prepare, but many are still unprepared at this time.



6 out of 10

have **stockpiled** essential supplies (e.g., food, water, medicine)



5 out of 10

have access to **emergency power** or **communication devices** (e.g., power bank)



6 out of 10

have made **provisions** for a **heating failure** (e.g., alternative heat source)



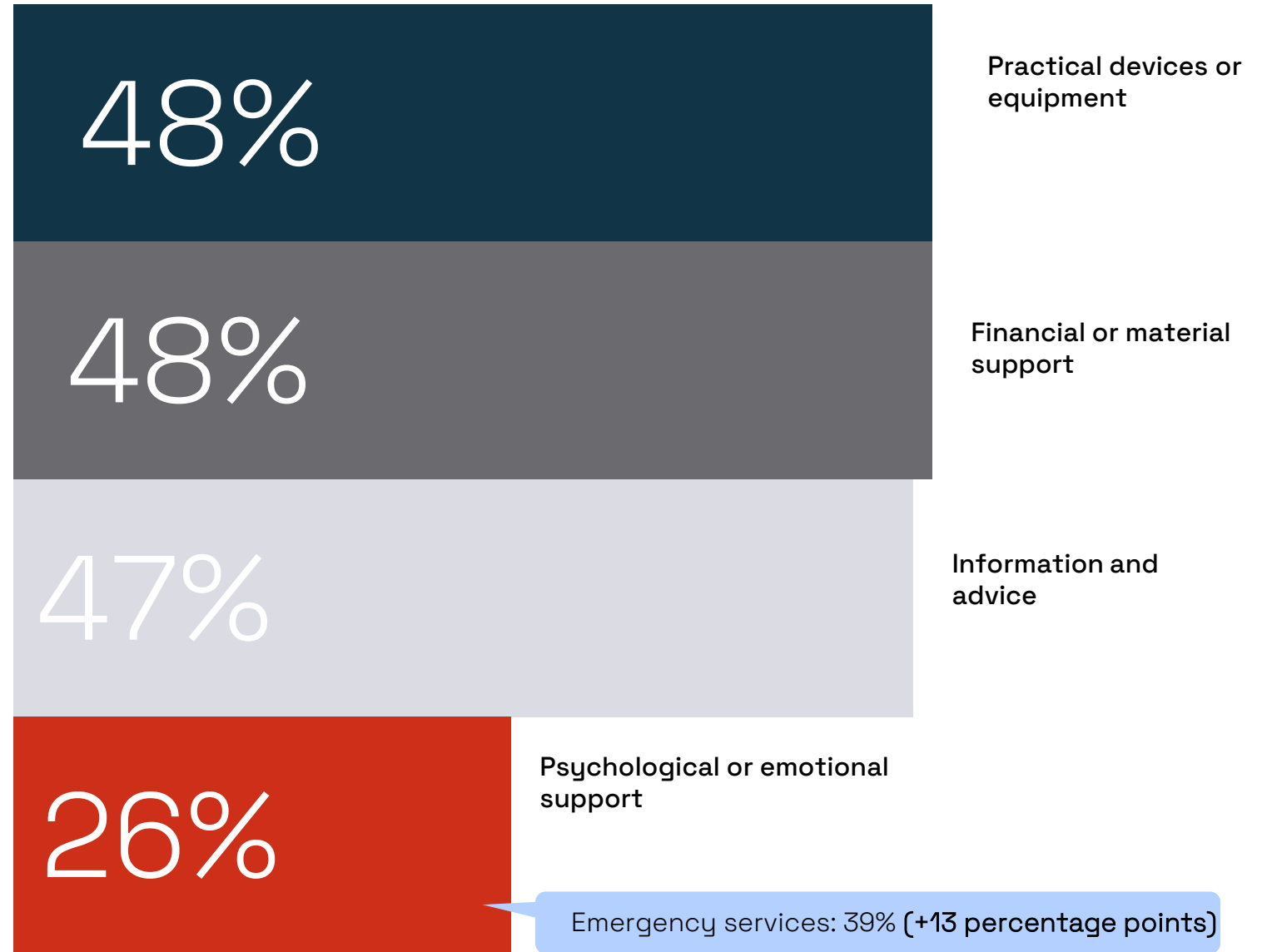
4 out of 10

are prepared for a **water and sewage system failure**

IV. When it comes to preparing for crises, respondents want practical, financial, and information support.

→ People who work in emergency services play a key role in crisis preparedness. Compared to other respondents, they advocate for more psychological or emotional support.

Desired measures





V. Outlook

The data shows that action is needed at every level. After all, resilience is not a task that can be delegated. It can only be achieved if everyone does their part.

Without the willingness of citizens to prepare and to take responsibility for themselves and their communities, Germany will not become more resilient. Without companies that take the issue seriously from a strategic perspective, a key player will be missing. And without policymakers and government officials setting clear priorities at all levels of government, resilience remains an empty promise.

Against this backdrop, we have developed actionable recommendations. They are directed at policymakers, the business community, and civil society as well as the general public. For we all bear one major responsibility: to understand resilience as a strategic priority and to combine personal responsibility with solidarity.

V. Recommendations from the data*

Population

- **Prepare emergency measures yourself:**
Stock up on water (2 liters per person per day) and non-perishable food for at least 3 days; keep a battery-powered radio and a power bank on hand.
- **Engage neighborhood networks:**
Organize mutual support, involve vulnerable groups (older adults, people with disabilities, people facing language barriers), and familiarize yourself with local contact points and emergency meeting places.
- **Build information literacy:**
Use reliable sources, verify information to counter misinformation, and do not share it without first critically evaluating it; always take verified warnings seriously and inform your neighbors.

Politics

- **Rethink resilience policy:**
Establish cross-departmental coordination, safeguard critical infrastructure (energy, water, communications) against outages, and allocate budgets for crisis preparedness.
- **Strengthen local resilience and create incentives:**
Support local governments (local resilience is rated significantly higher at 44% than national resilience at 27%), provide support for private preparedness (48% see a need), and expand emergency meeting points.
- **Be transparent, educate and inform the public:**
Inform transparently about the security situation without causing panic, integrate crisis preparedness into school curricula, and conduct regular crisis drills in collaboration with the private sector and emergency services.

NGOs

- **Give tailored advice to various groups and provide practical assistance:**
Develop specific guidelines (based on BBK recommendations),* particularly for the 54% who rate their crisis preparedness as neutral or poor, and establish low-threshold counseling services.
- **Provide tailored support to vulnerable groups:**
Help people with disabilities or language barriers with individual emergency planning, reach out to older adults, and provide psychological and social support to help them manage anxiety.
- **Build trust:**
Establish local crisis networks, identify and address gaps in government crisis preparedness, and serve as a bridge between government agencies and the public to close existing gaps in service delivery.

Company

- **Strengthen business continuity management:**
Develop and regularly test contingency plans for power outages, IT failures, and supply chain disruptions; secure critical infrastructure (IT systems, power supply, communications).
- **Employee resilience as a corporate goal:**
Offer training on personal crisis preparedness, develop flexible work models for times of crisis, and provide special support to vulnerable employee groups.
- **Social responsibility and strategic priority:**
Act as advocates for crisis preparedness, support local crisis networks, view investments in resilience as a competitive advantage, and strengthen cooperation with government agencies.

Actively share best practices: Do not keep effective resilience measures internal; make them available across industries. What works once becomes even more effective when scaled up.



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Sicherheits **dialog**

Sicherheitsdialog e.V. is a nonpartisan platform that connects key influencers from government, business, and civil society to make social resilience the norm. Its goal is to empower people and institutions to deal with crises independently and proactively—well-informed, emotionally resilient, and capable of taking action.

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FGS·GLOBAL

FGS Global is the strategic leadership advisory for a complex world. With expertise in strategic and financial communications, policy and public affairs, and data-driven digital engagement, we help leaders align and activate stakeholders, shape and safeguard reputations, and succeed in critical moments.

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The **University of Applied Sciences for Police and Public Administration** of North Rhine-Westphalia (HSPV NRW) is a state-run university that offers degree programs for the public sector. It specializes in training future professionals for the police and public administration, combining academic instruction with practical training.

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