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The type of military or security apparatus that existed prior to conflict/disaster is one important aspect to consider in terms of the likelihood of resuming the same functionality. A state's military can be categorized along a spectrum from professional at one end to predatory at the other. The greater degree of military professionalism of a particular state is, the greater its capacity for resilience. Security is the foundation of which all resilience is built. A functioning, resilient society has a body of laws that are upheld by the security apparatus of the state.

The consistent and fair provision of security is required for a local population to be resilient. There must be someone or some organization upholding the laws and rules of society. When a disaster or conflict happens, the community will be much more resilient if there is an expectation that the structure of society will withstand the disaster. If the provision of security is uncertain, the disaster will merely encourage further chaos and disarray.

The military is only starting to embrace a holistic planning approach. Part of this is due to the lack of expertise in economics and governance within the military itself. The other significant barrier to better planning is the debate as to what the military's role **should** be in rebuilding society. Regardless of one's opinion in terms of the academic debate, the practical situation on the ground in war-torn and areas of natural disaster is that the military is involved across the entire spectrum of conflict.

Resilience can be integrated into future military planning in several ways. First of all, during the intelligence preparation of the impending situation, resilience factors should be considered to determine the most likely capacity of the community to recover. The state's resilience should also be considered during the campaign planning for a particular course of action. If a state is seen to possess a significant degree of resilience, the military may be able to use a smaller force than in a place with a less resilient population. Finally, during contingency planning, several scenarios should be considered, paying specific attention to the degree of resilience within the state.

There are several indicators of resilience capacity that the military should consider. First, the size and professionalism of the armed forces and law enforcement apparatus of the state should be evaluated. Second, the economic and governance capacity of the state should be evaluated. Economic, governance, and security concerns are all interrelated. A flourishing and diverse economic system will be more resilient than a single resource economy for example. Similarly, developed governance structures at the local level will also significantly impact the degree of resilience.