

Coping During a Disaster

Emergency or Disaster preparation is far more than just extra food and water. Preparing for a disaster also includes preparing *ourselves* for uncertain circumstances:

Physical – Fitness – Cleanliness

- Times of crisis usually require greater physical activity. We may walk further & lift more than we are used to.
- How well we sleep will, to some degree depend on our level of preparedness. Sleeping pads & ear plugs
- Living conditions may be cramped, dirty and with others sharing space with us.
- Our regular routine of bathing or showering will probably be interrupted.
- Undoubtedly the food we eat will be different than what we are used to.
- Cleanliness will be more challenging.
- Privacy will be difficult.

Financial – Cash is King

- Getting one's finances in order *in advance* will provide a measure of peace during a time of crisis.
- Electronic purchasing may be inoperable – the Internet may be down.
- No one will give back change on a purchase or accept a check.
- Cash registers and gas pumps won't work without electricity.
- There may be price gouging.
- Scarcity will be the norm.

Emotional – Stress

Concern for the welfare of loved ones, both with us and separated from us will cause stress - almost overpowering, weakening our ability to persevere through challenging times.

Some special items, like wedding photos, certificates of accomplishment, etc. may need to be protected in advance so that we have greater peace regarding their preservation during our absence.

Children sense when adults are under stress. They are not exempt to emotional stress themselves. Care should be taken to provide comfort items, i.e. doll, toy, game, or blanket, etc. that reminds them of a less stressful time.

Mental

Changes in our daily routines causes stress, which often leaves us tired, especially mentally. This occurs exactly at the time when we need to be at our best – thinking clearly.

Spiritual

How we worship may be altered. Provisions for such practices may need to be thought out and planned for in advance. Electronic devices may be inoperable, books and other physical items may be needed as a replacement.

All the above, to some extent can be prepared for and actions taken in advance to lessen the stressful impact.