

Awareness Endurance Recovery

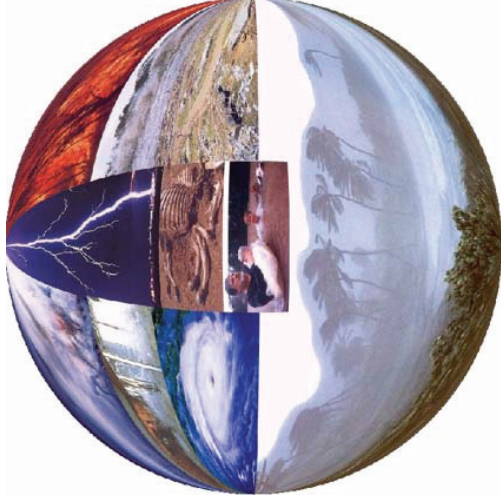


*A kit for preparing
and coping with the
psychological
effects of natural
disaster and natural
disaster warnings*

Overhead 1

1 Pre-Disaster *The “Warnings” stage*

1.1 Why be psychologically prepared?



*Why do we need
to understand
about the way we
we think and
feel at all?*

Disaster Warning Situations involve the possibility of

- *A disastrous event in the near future*
- *The view of little or no control over an act of Nature*
- *A high degree of uncertainty as to whether the event will even take place*
- *Where and with what impact or force?*
- *Past experience either with repeated warning messages with no impact*
- *Past and possible traumatic experience with a natural disaster event*

Disaster Warning Messages

also:

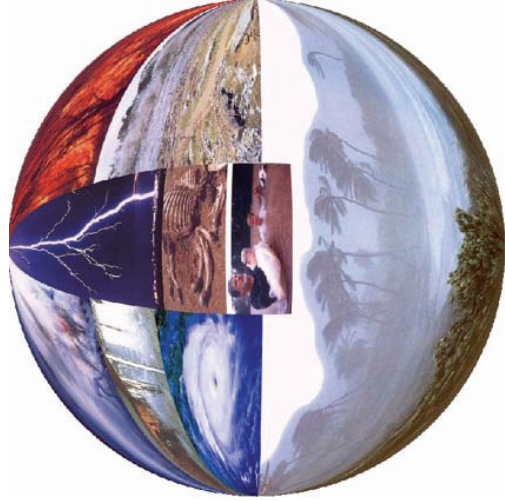
- *Expose individuals to repeated warning messages in the absence of an actual impact*
- *Create moderate to high levels of fear characterised by high arousal and often frightening images and sounds*
- *Often provide information about the location and intensity of the threat with little or no information about psychological or emotional response*

Good psychological preparation leads to:

- ⊗ *Better physical preparation*
- ⊗ *Less fear, less hopelessness, more confidence and better coping*
- ⊗ *A significantly better understanding, anticipation and identifying of feelings*

1 Pre-Disaster *The “Warnings” stage*

1.2 Recognising our feelings



*Understanding that we all
feel and react differently
to a threat, and that for
some people the threat
can be very stressful*

1 Pre-Disaster The “Warnings” stage

1.3 Understanding thoughts about disaster



*Understanding the
different ways
people might think
about the threat of
a natural disaster*

Ways people act when they hear that the threat of a natural disaster is in the area

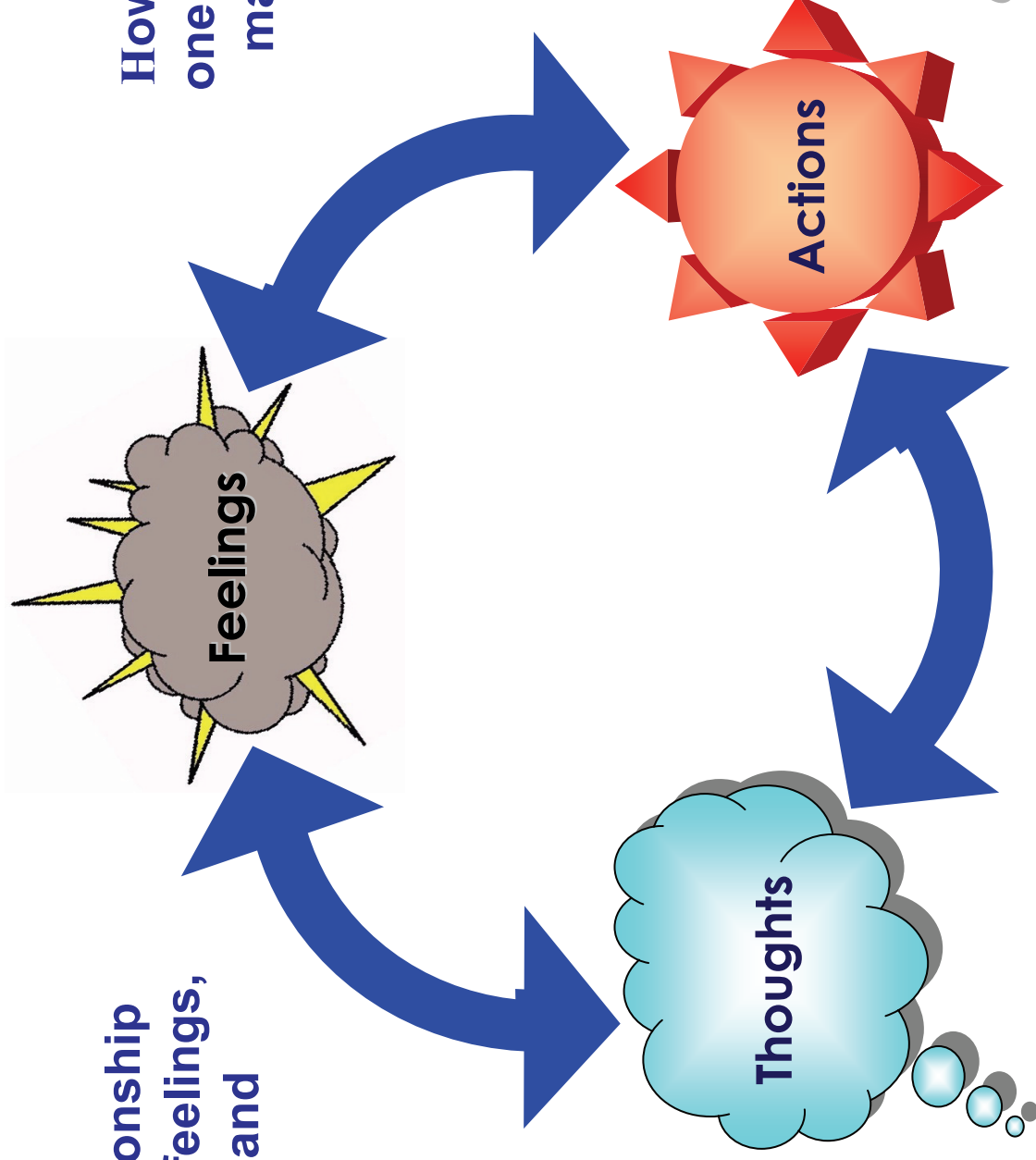
- ☉ *Some approach the situation and start preparing*
- ☉ *Others get worried and leave the area*
- ☉ *Others get worried and go into denial*
- ☉ *Others engage in traps and do nothing*

Feeling

Thinking

Acting

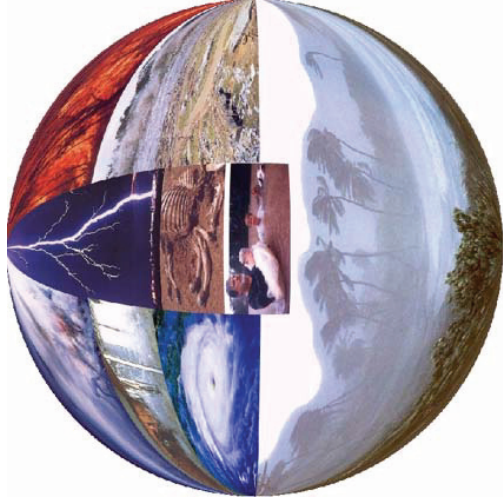
The relationship
between feelings,
thoughts and
actions



How managing
one can help in
managing the
others

2 *Coping During the Natural Disaster or Warning Event*

2.1 Identifying stressful feelings and reactions



*Understanding
the feelings
that different
people may
experience*

2 *Coping During the Natural Disaster or Warning Event*

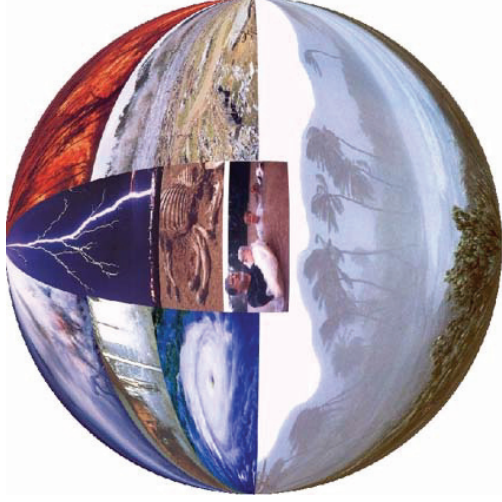
2.2 **Managing stressful feelings and reactions**



*Controlling our
feelings during
a disaster
warning or
disaster situation*

2 *Coping During the Natural Disaster or Warning Event*

2.3 Coping with a real threat or severe warning



*Coping with our
growing feelings
during a
disaster warning or
disaster situation*

2 *Coping During the Natural Disaster or Warning Event*

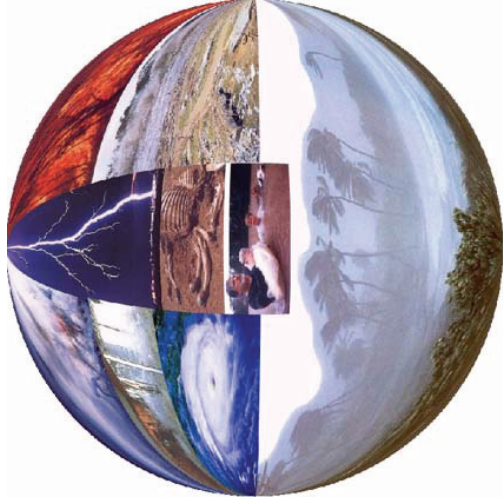
2.4 **Helping others to cope**



*How you can help
the people around you
cope with a natural
disaster including friends
family and neighbours*

3 *After the Disaster Warning or Disaster Situation*

3.1 **Checking how we coped**



*Did we do OK?
How you and I
coped with
the events
and what worked*

3 After the Disaster Warning or Disaster Situation

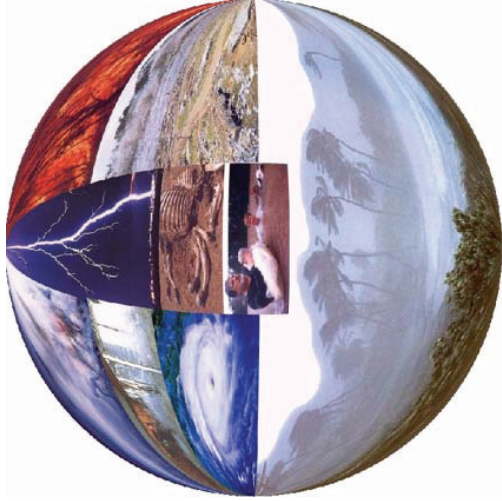
3.2 Can we be better prepared next time?



*What we could do next
time to better prepare
ourselves, and our
community, both
psychologically and
materially for a natural
disaster warning or event*

3 *After the Disaster Warning* or *Disaster Situation*

3.3 **Coping with losses and damage – taking stock**



*Communities may
need to work together
to restore services
after a natural disaster
and individuals need
to know that it's OK
to ask for help*