

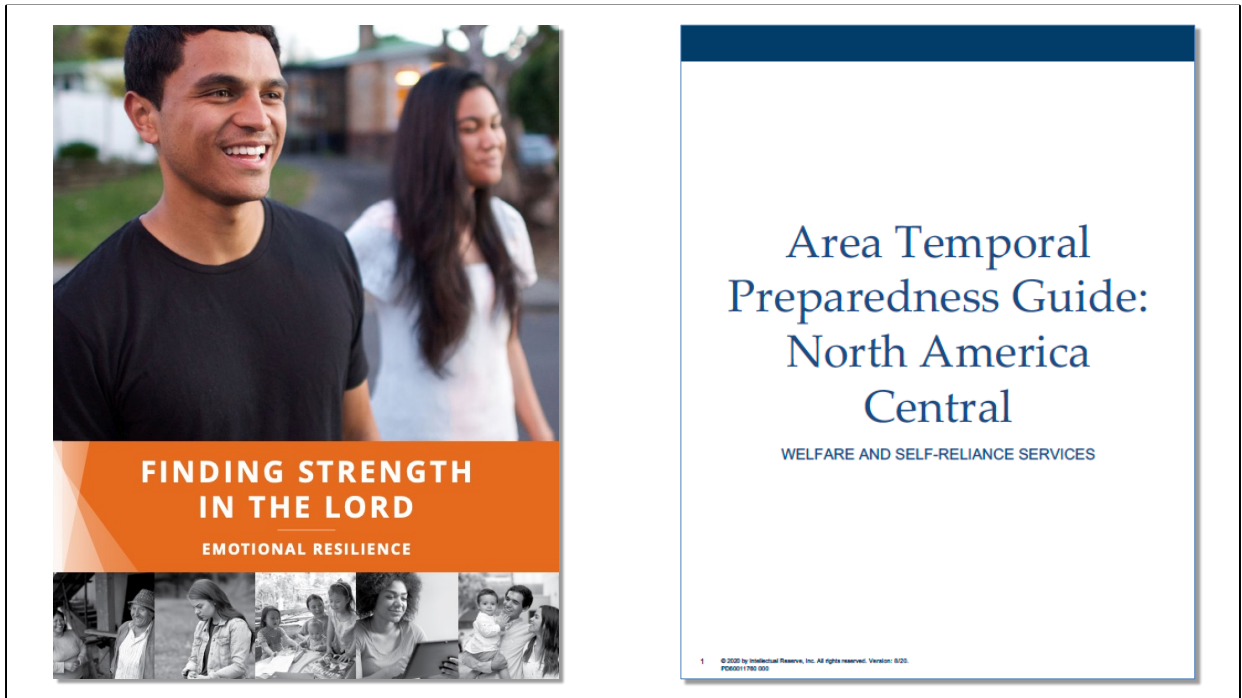
Emotional Preparedness

When disaster happens, emotions hit first.
Being prepared helps us respond, not panic.





To end on
time, remind
the presenter
to set a timer.



As we're together today, I'll be sharing things from these two manuals.

Both are available PDF format at no cost, online.



Emergency
Planning



Home Storage
and Production



Financial
Preparedness

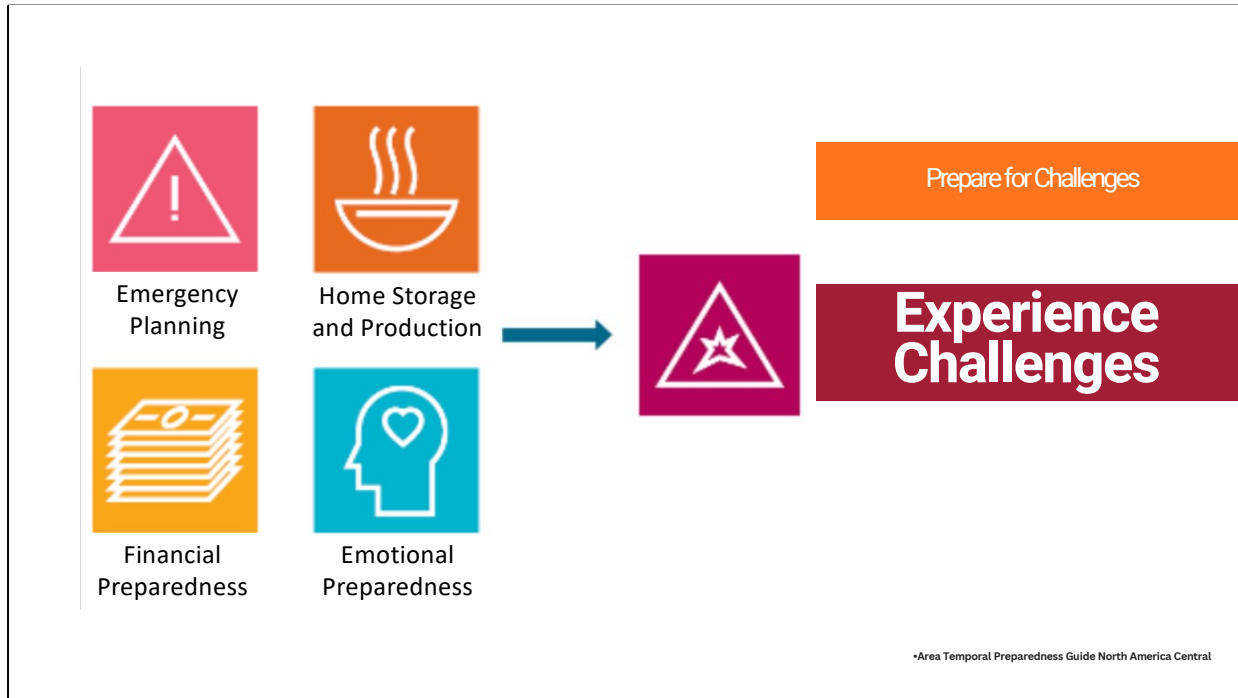


Emotional
Preparedness

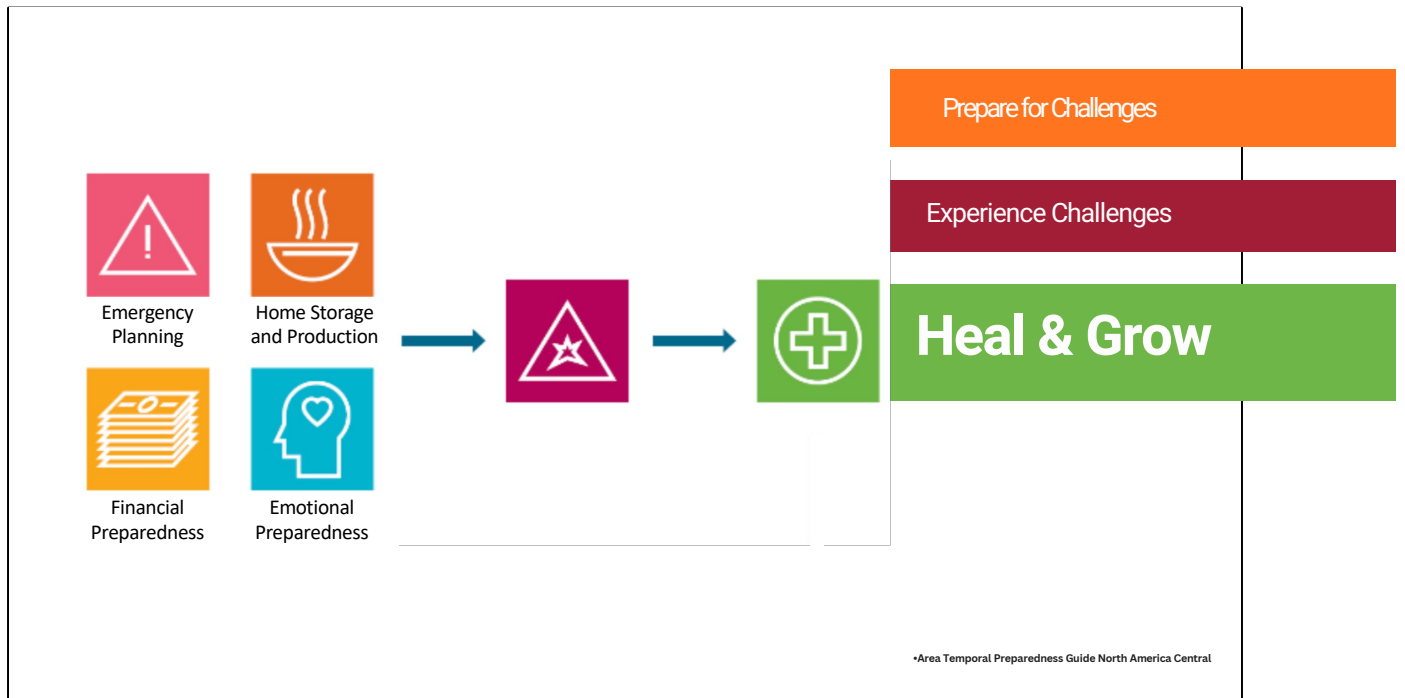
Prepare for Challenges

•Area Temporal Preparedness Guide North America Central

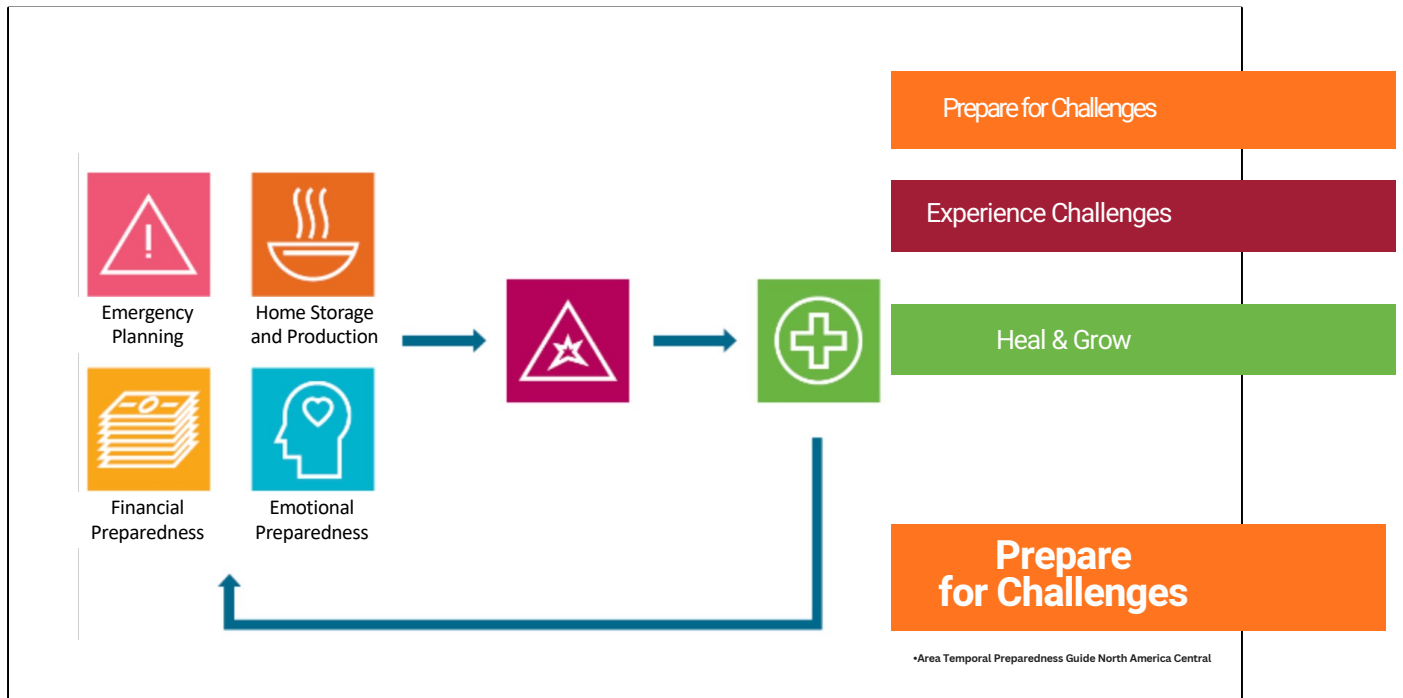
This is a principle to consider as we end this Readiness to Resilience Symposium. First, we prepare for challenges. There are 4 main areas to prepare in...



Second, there will be challenges. These may be personal or on a large scale like a recession or Covid.

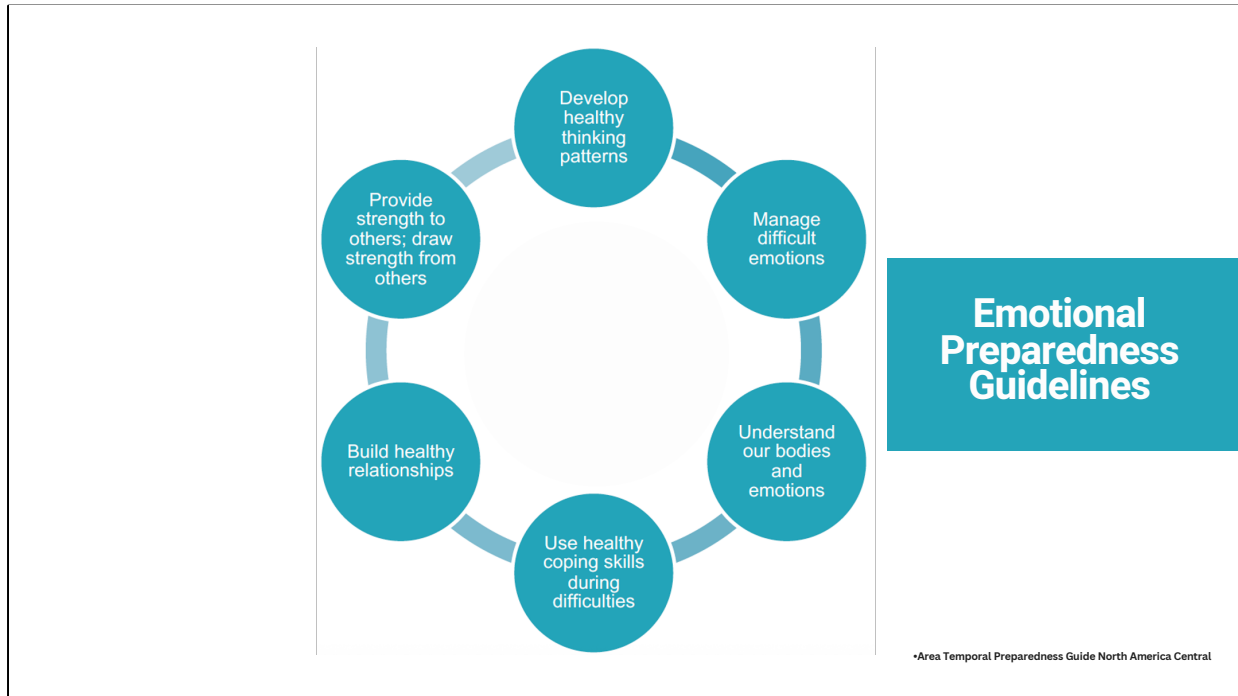


During and after the event, we heal and grow from it.

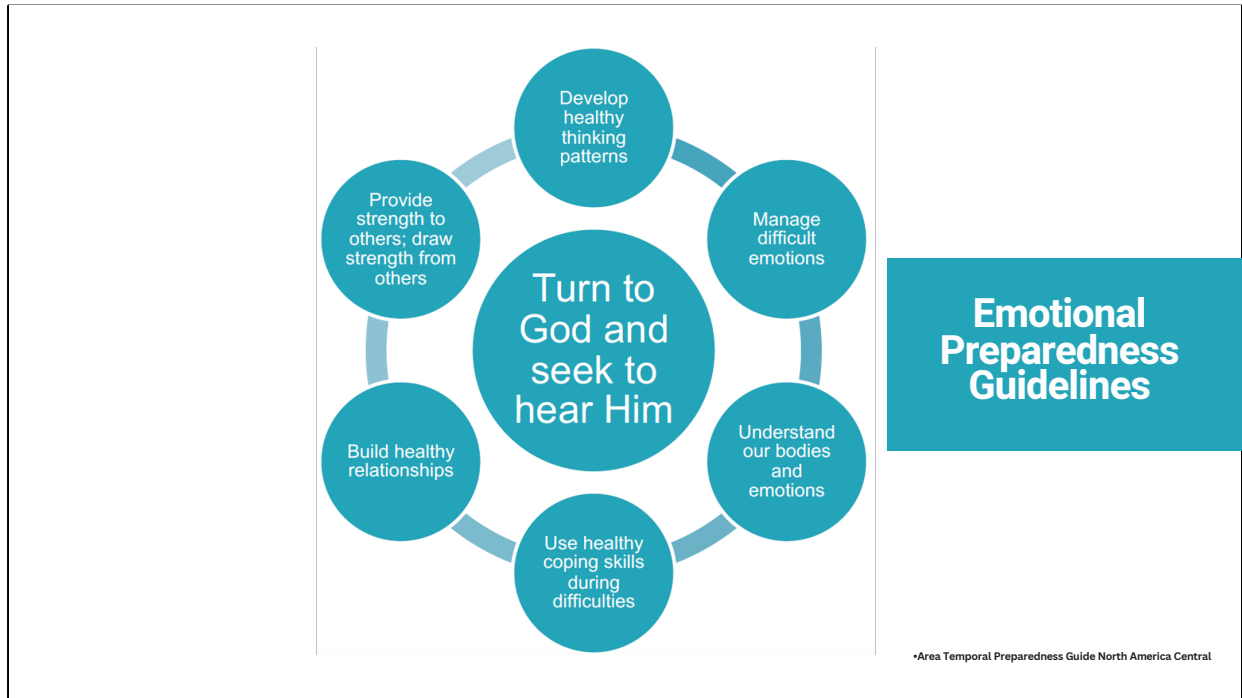


Then, the key part is that we return to our 4 areas of preparedness and determine ways we can improve for future situations.

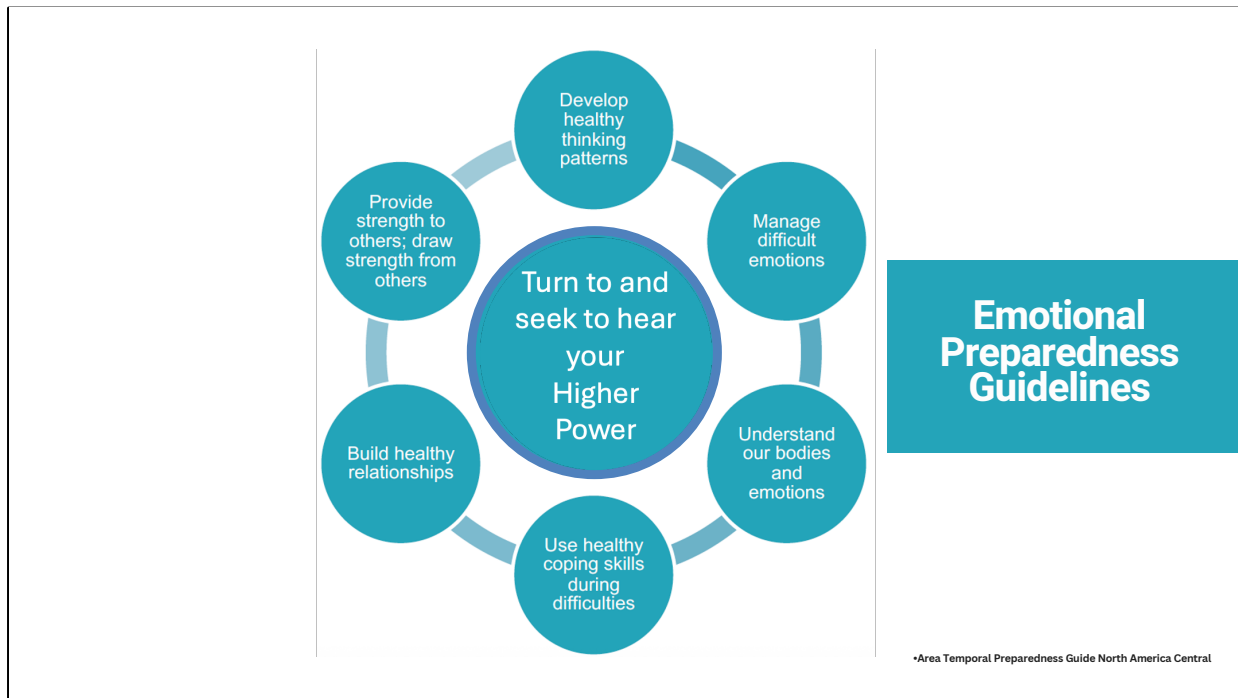
What are some ways you've become better prepared after Covid? ...or some other (large scale or family or personal) challenge?



With Emotional Preparedness, here are areas to consider.
When have you used any of the emotional preparedness guidelines?



As a Christian, I see God as the center of our Emotional Preparedness.

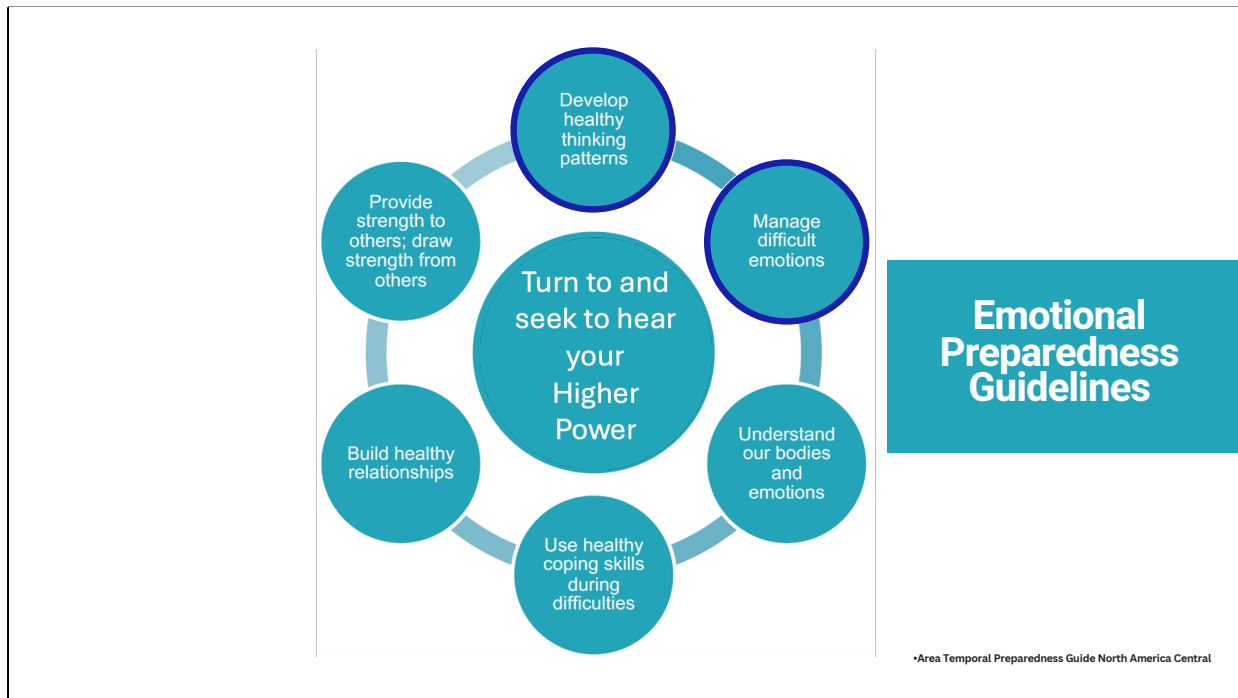


At the same time, one of my favorite books is the Alcoholics Anonymous "Big Book." It recognizes that individuals have different beliefs, and uses the term "Higher Power".

Examples:

- Nature, Energy of the Universe, Consciousness, Love.
- One person, "I lost my parents when I was young, so I like to think their energy guides my journey..."

So, if you'd like, please substitute Higher Power into the center.



As we're together today, we'll spend our time on only two parts of the guidelines. I'd hope that you not only consider these today, I also encourage you to practice these with your family and friends.

“No pain that we suffer, no trial that we experience is wasted. It ministers to our education, to the development of such qualities as patience, faith, fortitude and humility. All that we suffer and all that we endure, especially when we endure patiently, builds up our characters, purifies our hearts, expands our souls, and makes us more tender and charitable... and it is through sorrow and suffering, toil and tribulation, that we gain the education that we come here to acquire.”

(Elder Orson F. Whitney, as quoted in Spencer W. Kimball, Faith Precedes the Miracle [1972], 98)





C.S. Lewis

Video:
**He is Building a
Palace**

<https://www.churchofjesuschrist.org/media/video/2014-06-1360-he-is-building-a-palace?lang=eng>

I Love this anology by C.S. Lewis

Discussion

**How have you grown
through challenges
in your life?**





Even when bad things happen around us, we still get to choose how we respond.

Taking responsibility for how we react, even when facing challenges, brings peace and power.

Challenges or unexpected changes may seem unfair. We may be tempted to respond in ways that are unproductive:

- Blame others
- Make excuses
- Rebel
- Complain
- Find fault
- Doubt
- Give up
- Procrastinate
- Get angry
- Indulge in self-pity
- Allow fear to rule
- Self-justify

Becoming emotionally resilient involves recognizing these responses in ourselves and using our agency to choose a more appropriate response.



ACTIVITY (5 minutes)



With a partner, review each situation below. Using the list in above, think of some of the unproductive responses that might apply to each situation.

Discuss how we are tempted to respond and ways we can “act for ourselves and not be acted upon” (2 Nephi 2:26).

Discussion

**When have you chosen
to act responsibly?**

How did it help you?





How to Make Stress Your Friend

Kelly McGonigal

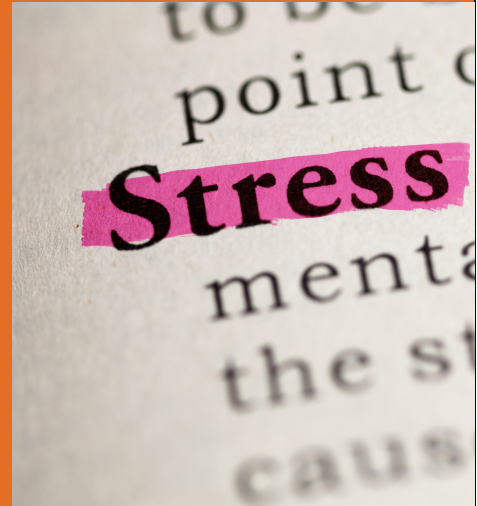
www.ted.com

Play the video from the beginning through
3:13.

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend

Developing Healthy Ways to Cope with Stress

- Stress and worry are normal parts of life.
- Stress comes from situations and motivates us to act.
- Anxiety is a feeling of too much worry and does not go away after a situation is over.
- In times of difficulty, stress and anxiety can become stronger and make it hard to function well.





ACTIVITY (5 minutes)

Step 1:

On your own, read the following ways to manage stress and anxiety.

Circle the ideas you may want to try.

ACTIVITY

Step 2:

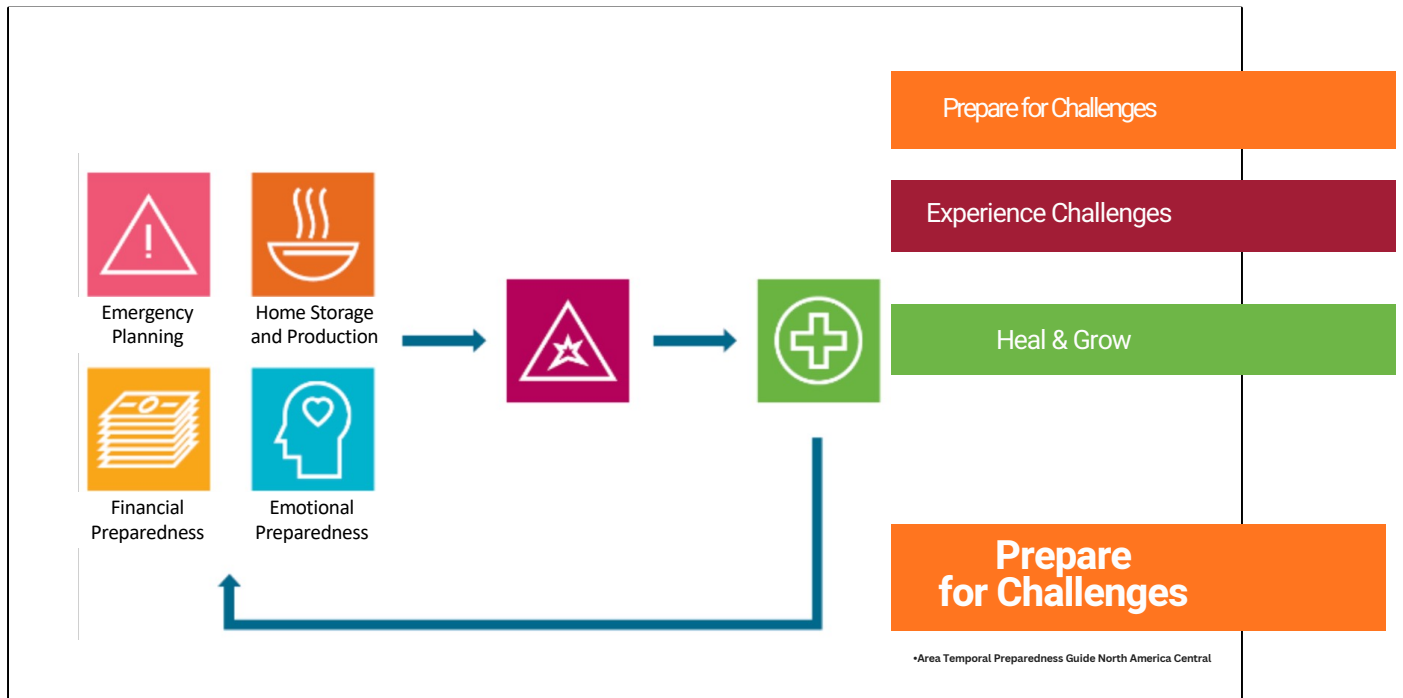
In the table, individually write a few of the ideas to reduce stress and anxiety that you want to try.

Make a plan for when and how you will use the technique.





<https://www.churchesusa.com/media/video/2014-06-1230-doing-what-matters-most?lang=en>



- 1) In our Preparation for Emergencies, it's critical that we prepare in the 4 main areas.
- 2) Each time we experience a Challenge (or emergency) go back and Prepare Better...

In a CERT Training (Community Emergency Response Training) the instructor said, "Nobody knows until the moment of the emergency how someone will respond. A big muscular man may cover in the corner, and a small quiet young woman may take command of the situation, and calmly, clearly, and boldly direct the efforts of those around her.

It's the same thing throughout our lives. Just this week, a good friend in the community that I work with, pointed out that something about me has changed in the last couple months. As we talked, I confided in him the things I'm going through. He provided some great advice...

I'm Experiencing a Challenge, hopefully I Heal & Grow from it, and use what I learned to prepare for the next challenge. My situation is a small, personal example. The process is the same for personal, family, community, and even

worldwide challenges.