

bbgaly *Prepared?*

Why do we need to understand beforehand about the way we think, feel and act in an emergency situation?

1.2 Recognising Feelings

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

1.3 Understanding Thoughts about Disaster

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

1.4 Understanding our behaviours and actions before disaster preparation

The sorts of things people do when they hear of the threat of a natural disaster.

2 During the Disaster Event – Coping

2.1 Identifying Stressful Feelings and Reactions

Understanding the feelings that different people may experience.

2.2 Managing Stressful Feelings and Reactions

Managing our feelings during a disaster warning or disaster situation.

2.3 Coping with a Real Threat or Severe Warning

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

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 Event – Recovery

3.1 Checking How We Coped

Impending Disaster Quiz

For each question place a 3 inside the 9 that represent your views about impending disaster.

There are a number of different views with respect to impending disasters. We are interested in YOUR view here. Please respond as best you can.

1. Do you believe that the likelihood of your community experiencing a natural disaster this year is?
9 Highly likely
9 Could happen
9 Very unlikely

2. If your community or region experienced a ***natural disaster warning***

Pre Disaster – The Warning Stage

Normal Responses to Stressful Situations

b **Physical symptoms:**

- b Shortness of breath
- b Dizziness
- b Nausea (the state that precedes vomiting)

Subjective Units of Distress Scale

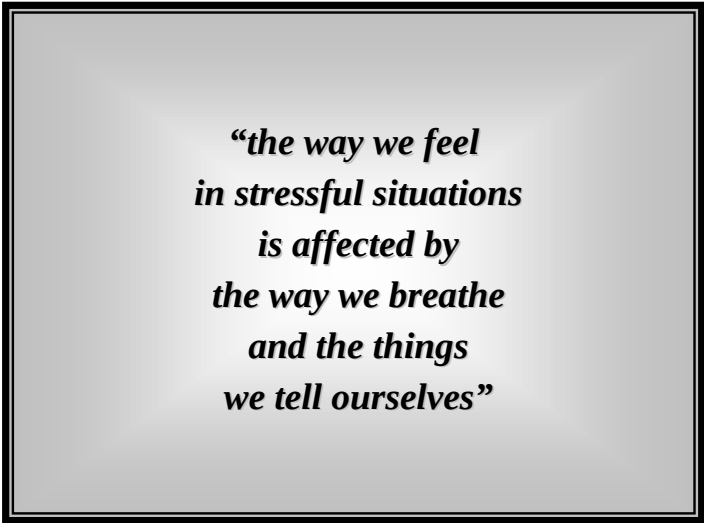
Levels of distress (including feelings, thoughts and actions) experienced during disaster warnings or disaster events

If you have ever experienced any of these responses during a disaster warning or disaster event, rate on the scale below how distressing these feelings/thoughts were.

No Distress At All			Very Strong Distress		
0	1	2	3	4	5

Shortness of breath	0	1	2	3	4	5
Dizziness	0	1	2	3	4	5
Nausea	0	1	2	3	4	5
Flushes	0	1	2	3	4	5
Palpitations	0	1	2	3	4	5
Numbing and tingling	0	1	2	3	4	5
Blood pressure rises	0	1	2	3	4	5
Tense Muscles	0	1	2	3	4	5
I can't cope	0	1	2	3	4	5
This is awful	0	1	2	3	4	5
We're going to get hurt	0	1	2	3	4	5
The whole town will be washed away/ burnt down/wiped out/destroyed	0	1	2	3	4	5
We'll all die	0	1	2	3	4	5
'Freeze' or do nothing	0	1	2	3	4	5
'Panic'	0	1	2	3	4	5
Heightened vigilance (attention) and nervous activity	0	1	2	3	4	5

Breathing and Self-Talk



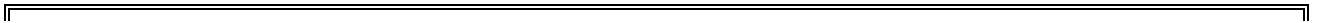
*“the way we feel
in stressful situations
is affected by
the way we breathe
and the things
we tell ourselves”*

For example:

- b When we are upset, we are often told to “take a few deep breaths”. This is not quite right. When we are feeling anxious or frightened, we don’t need a deep breath, but rather we need to take normal breaths and exhale slowly. **Breathing out** is associated with relaxation not breathing in. Sometimes people find it helps to breathe in through the nose and out through their mouths.
- b While concentrating on a long, slow exhalation (breathing out) it is a good idea to say the words ‘calm’ and ‘relax’. These are good words to use because they are already associated with feeling peaceful and at ease.
- b The third thing to remember is to slow down the breathing. Often when people are afraid they begin to breathe faster, this is a natural reaction and prepares the body to deal with changes and if necessary, ‘run away’. However in a disaster warning and in some disaster events (e.g. cyclones), we may not want people to run anywhere, it may be much more appropriate to stay inside and wait for instructions from emergency services.
- b Slowing the breathing down is easy, take smaller breaths and pause between breaths to space them out. When you have breathed out slowly, hold your breath for a count of three before inhaling your next breath.

Tips to help cope with aroused feelings

b



[illegible]

Preparedness Checklist

Take time to consider you own needs relevant to the most likely disaster threat in your region.

Add additional needs in the blank spaces below.

Material Preparation

- 9 Tidied the yard
- 9 Cleaned the gutter
- 9 Secured the house
- 9 Trimmed the trees
- 9 Brought groceries
- 9 Got batteries for the radio