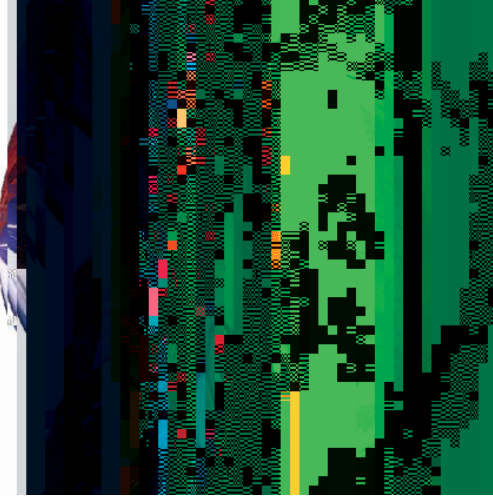


Awareness Endurance Recovery

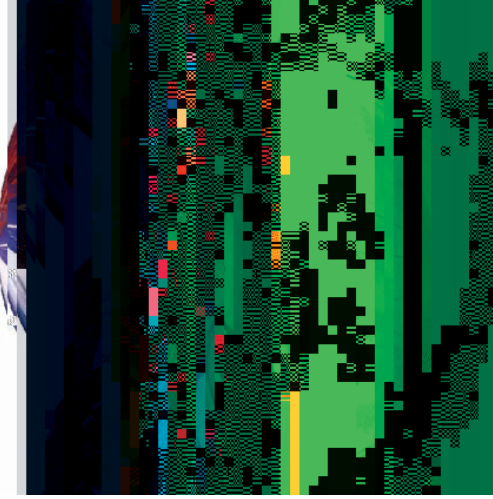


*A kit for preparing
and coping with the
psychological
effects of natural
disaster and natural
disaster warnings*

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*

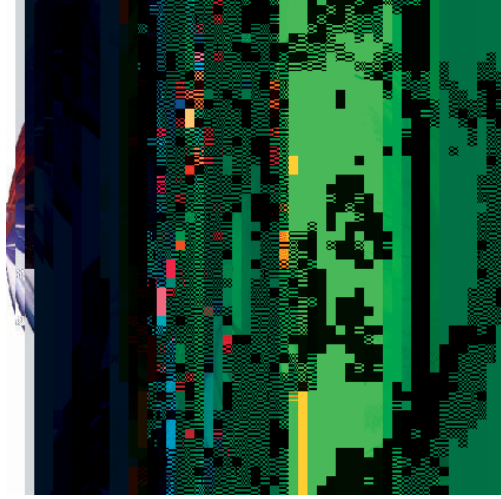
Good psychological preparation leads to:

- ⊗ *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

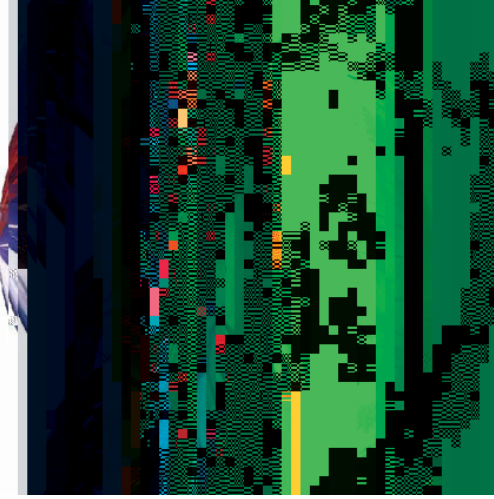


*Understanding that we all
feel and react differently
to a threat, and that for
some people the threat
can be very stressful*

1 Pre-Disaster

The “Warnings” stage

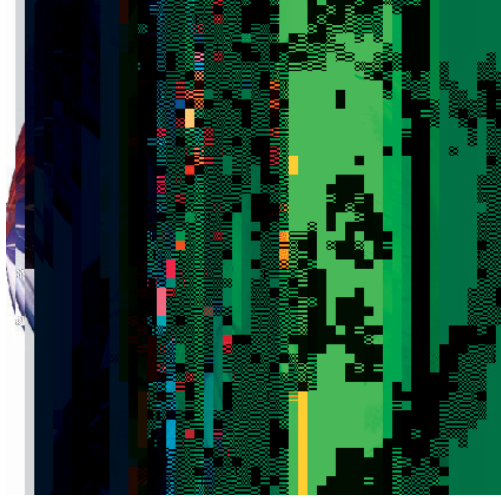
1.3 Understanding thoughts about disaster



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

1 Pre-Disaster *The “Warnings” stage*

1.4 Understanding our behaviours and actions before disaster preparation



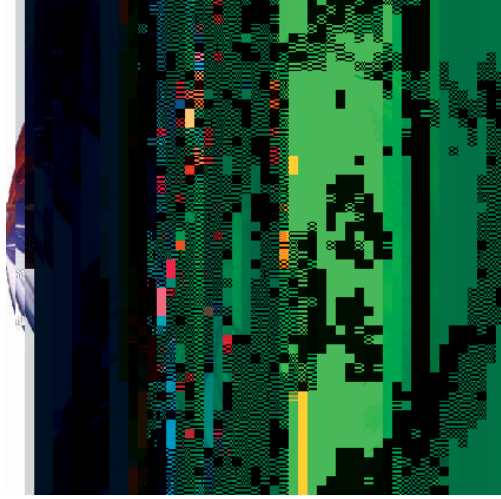
*The sorts of things
people do when
they hear of the
threat of a
natural disaster*

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*

2 *Coping During the Natural Disaster or Warning Event*

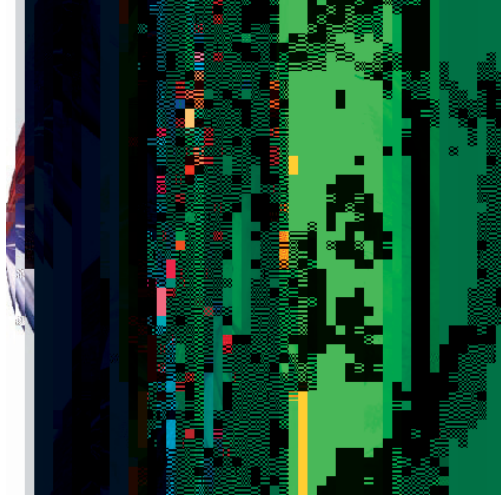
2.1 Identifying stressful feelings and reactions



*Understanding
the feelings
that different
people may
experience*

2 *Coping During the Natural Disaster or Warning Event*

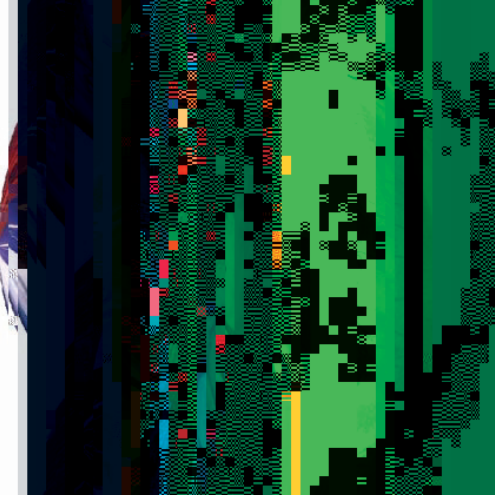
2.2 Managing stressful feelings and reactions



*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

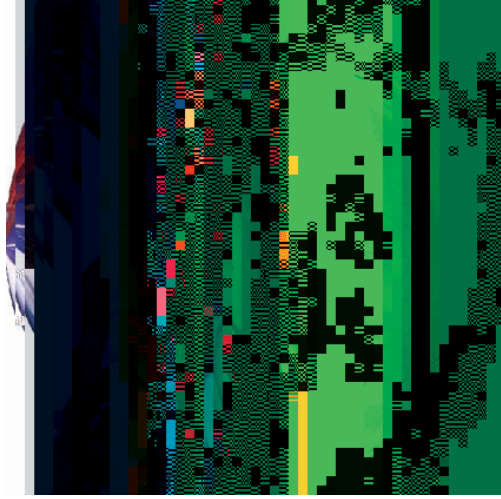


*Coping with our
growing feelings
during a
disaster warning or
disaster situation*

Coping During the Natural

3 *After the Disaster Warning* or Disaster Situation

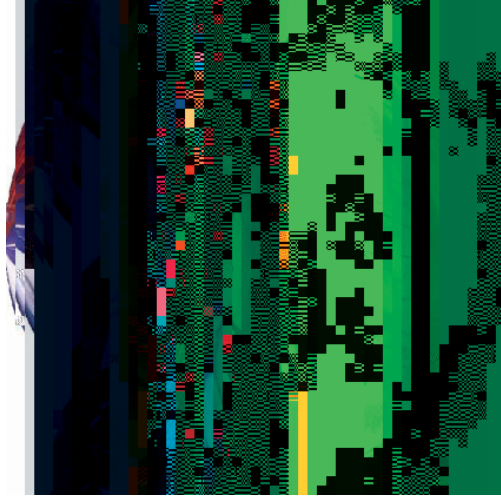
3.1 Checking how we coped



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

3 *After the Disaster Warning* or Disaster Situation

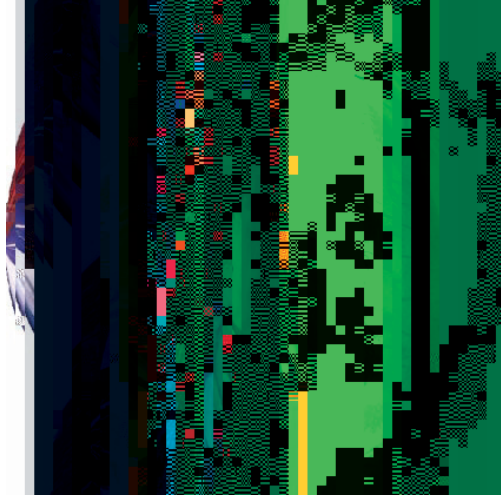
3.2 Can we be better prepared next time?



*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*