



AREA TEMPORAL PREPAREDNESS

PACIFIC AREA – AUSTRALIA & NEW ZEALAND



A LETTER FROM THE PACIFIC AREA PRESIDENCY

Dear Members and Leaders,

The admonition by President Nelson “.. to take steps to be personally prepared” is of great importance to all in the Pacific. (President Russel M. Nelson, October General Conference 2020). We are in uncertain times where the future will bring more commotion and unrest. Now is the time to become more prepared.

This booklet has been compiled specifically for the use of our member and leaders in the Pacific. It is a comprehensive outline of important ways we need to assist each other to be prepared.

We ask you to carefully review these resources and make plans, to help everyone in your care organize themselves in the ways suggested in this booklet. The Saviour will always bless His faithful saints, so let us each help to achieve this by doing all we can to follow the inspired ways He gives us through his leaders to prepare well.

Please focus on individuals and families and helping them to counsel together in homes. Ministering brothers and sisters can help in this process.

You will see that there are four areas of preparation to focus on;

1. Emergency preparedness
2. Home Storage and Production
3. Financial Preparedness
4. Emotional Preparedness

It is important that we are prepared for, as a people, the calamities and commotion foretold before the Saviour returns. Human behaviour makes it hard for us to feel the urgency of such preparations when everything seems okay. With the Saviour’s help we can prepare like Joseph of Egypt did, in times that allowed for preparation before the time of need.

Let us be wise and follow the watch men on the tower and act with urgency and wisdom to have the basic needs of every member cared for as this document suggests.

May the Lord bless us in our efforts to be prepared,

Sincerely,

Pacific Area Presidency

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AREA TEMPORAL PREPAREDNESS GUIDELINES: AUSTRALIA/NEW ZEALAND

WELFARE AND SELF-RELIANCE SERVICES

“For decades, the Lord’s prophets have urged us to store food, water, and financial reserves for a time of need. . . . I urge you to take steps to be temporally prepared.” — President Russell M. Nelson

At times caring for our temporal needs may feel overwhelming. But remember that “by small and simple means are great things brought to pass” (Alma 36:6). When we act in faith and do our part to care for our temporal needs, God magnifies our small and simple efforts.

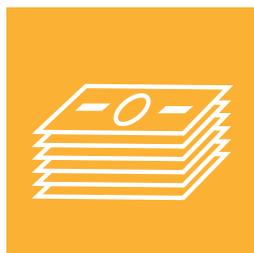
The following guidelines and activities can help you become more prepared.



**Emergency
Planning**



**Home Storage &
Production**



**Financial
Preparedness**



**Emotional
Preparedness**



1

EMERGENCY PLANNING

THIS SECTION

1. Preparing for specific disasters
2. Preparing Your Home for Emergencies
3. Communication and Gathering Plan

ACTIVITIES

1. Disaster, Disruption and Planning

EMERGENCY PLANNING

Guidelines

God has promised, "If ye are prepared ye shall not fear" (Doctrine and Covenants 38:30).

When we have plans in place, we are more prepared for challenges. Like spiritual learning, preparedness is best done "line upon line" (Isaiah 28:10). When challenges occur, we can learn from them, heal and grow, and continue to prepare. During the process, we can look to ourselves, our family, our community, and the Church. We can then renew our commitment to preparedness for our family and those we serve.

Elements of an emergency plan include:

- Preparing for specific disasters
- Preparing your home for emergencies
- 72 Hour emergency kit
- Communication and gathering plan

PREPARING FOR SPECIFIC DISASTERS

Consider what kinds of natural disasters may likely occur where you live, then prepare your home accordingly. For example, if you live in an earthquake zone you might prepare the following;

- saving an emergency fund
- have a family plan
- keep emergency supplies on-hand
- keep heavy objects in safe places, secure cabinets, and practice "duck, cover, and hold on."

If there are cyclones where you live, you might prepare the following:

- keep your radio on and listen to the latest news
- Stay in safe and strong houses
- Evacuate from low-lying cyclones to higher ground
- Stay away from coasts and riverbanks
- Watch out for the passage of the "eye" of the storm

ACTIVITY: Disaster, Disruption and Planning

Part A: Write a list of below to help you identify the most common disasters and disruptions where you live. Common Disaster's in your area (List them below):

Example: Cyclone _____

Part B: Select one of the common disasters in your area. Using the table identify short and long-term actions you can do or store to prepare for these disruptions:

Disaster chosen: _____

AREA OF MY LIFE DISRUPTED	SHORT TERM PREPARATION	LONG TERM PREPARATION
Clean water unavailable	Keep an extra case of bottled water handy	Learn how to purify/filter water Have water stored in a large-volume container
Food is unavailable		
Need alternative cooking source		
Your shelter becomes damaged		
Need medical attention		
Need to communicate but phones or internet are down		
Power sources don't work		
Need alternative transportation		
Feeling physically drained		
Feeling spiritually drained		
Feeling emotionally worn-out		

PREPARING YOUR HOME FOR EMERGENCIES

General Preparation

There are many things you can do to prepare your home for potential emergencies. Consider the following:

Utility Shut Off

Locate the shut-off valves and levers for utilities. Everybody in the household should learn how to shut off water, electricity, and LPG (liquified petroleum gas).

Food, Water and Non-Food Essentials Home Storage

Keep a store of food, water and non-food essentials can help when emergencies disrupt our daily lives. Consider storing the following:

- Store an emergency supply of nonrefrigerated foods.
- Plan on 4 litres of water per person per day for drinking, food preparation, and sanitation. Store enough water for three days
- Store medical supplies, clothing, blankets, flashlights, extra batteries, sanitation supplies, and so on.



Cooking Solutions

An alternative cooking source allows you to prepare hot meals. Make sure to cook only in well-ventilated areas. Cooking sources can be:

- Firewood, sawdust, rice hull, etc.
- Coal
- Candles
- Grills/Camp stoves (use butane gas outdoors only)
- Canned heat (used under serving dishes)



Emergency Kit

Create an emergency kit for your home, vehicle, and place of work (see page 6). An emergency kit can help you be prepared if you need to leave your home quickly or if you need to survive for a short period of time. Having a kit ready will help bring peace to your mind. When making a kit, consider:

72-HOUR SURVIVAL KIT

WHISTLE

If you're in distress, you can blow the whistle and alert others that you need help no matter where you are.

BOTTLED WATER

Water is something you can't go without. Remember to pack plenty (at least 3 liters, enough for a 3 day supply.)

CLOTHES

Make sure you have a change of clean, dry clothes in case of wet or dirty weather.

BATTERY POWERED RADIO

Use the radio to listen for emergency updates and government issued instructions in the event of a disaster.

EMERGENCY MONEY

Always have extra cash on hand in case electronic ATMs and banks are not operating.

MATCHES/FIRE STARTER

Warmth and light from a flame are basic necessities that you will definitely need in an emergency.

EMERGENCY BLANKET

An emergency blanket keeps you warm and reduces the heat loss from your body. In case your stuck in a

KNIFE

A knife is a multipurpose item that can be used for many things including: hunting, making fires, opening cans, making tools and/or shelters.

TORCH

When you can't rely on electricity a torch will be the first thing you grab. A windup or solar powered torch is also an option.

FIRST AID KIT

Having a first aid kit packed with bandages, disinfectants and medication helps you to clean, dress and remedy any injuries or sicknesses you may get.

IMPORTANT DOCUMENTS

Keep a copy your important documents in a waterproof bag or container. Having these will ensure you have identification, legal documents and memorabilia safe even in a disaster.

CELLPHONE

If you have reception cellphones are the easiest way to get in contact with people during a disaster. Just make sure you always keep a full battery!

READY TO EAT FOOD

Having food in a disaster is crucial to survival. Make sure you pack foods that will last 3-7 days. Packaged and non perishable foods are ideal.



COMMUNICATION AND GATHERING PLAN

“Be Thou prepared, and prepare for thyself, thou and all they company that are assembled unto thee, and be thou a guard unto them” Ezekiel 38:7

Communication Plan

Create a plan for contacting people in an emergency. You might:

- Make a list of emergency contacts. Include family members, friends, neighbors, Church leaders, and community resources. Unit leaders are asked to include missionaries in their emergency and communication plan.
- Memorize key phone numbers in case your contact list is unavailable.
- Plan other ways to make contact if you can't make a phone call. This might mean texting, instant messaging, or posting on social media.
- Choose a relative in another city to be an out-of-town contact. Plan for all family members to contact that person. They can tell their condition and location to the out-of-town contact. The out-of-town contact can pass information between family members.

Complete the form below so you have this information handy in an emergency.

FAMILY CONTACTS	NEIGHBOURS, CHURCH, WORK	MEDICAL, COMMUNITY, SCHOOL
Sally Smith 09 678 3652		

Gathering Plan

Pick a safe place where you and your family can find each other after an emergency. It is also a good idea to choose and alternate place. Gathering places may change depending on the disaster or where you are when the disaster happens. For example, if you're at school, you may not be able to go to the safe place near your home. Your gathering place should be somewhere children can find a trusted adult.



Family Gathering Place:

Alternate Family Gathering Place

School or Childcare Gathering Place:

Ward or Stake Gathering Place:



2

HOME STORAGE AND PRODUCTION

THIS SECTION

1. Food Storage Types
2. Food Storage FAQs
3. Food Production and Preservation

ACTIVITIES

1. Food Storage Assessment

HOME STORAGE AND PRODUCTION

Guidelines

Church leaders have counseled us to store a basic supply of food and water at home to prepare for times of need.

When we strive to prepare "every needful thing," we'll be blessed with peace of mind. (Doctrine and Covenants 109:8)

It can be easy to feel worried about food storage. We all live in different circumstances, and some of us have limited finances or space in our homes. We can start small and work "in wisdom and in order" (Mosiah 4:27.)

Short-term food supply

- Food you normally eat
- Canned and packaged foods that do not spoil quickly
- Example of local foods – Tinned Food, Noodles, Oil, Salt, Sugar etc

Start by building a small supply with food that you normally eat. Make it reasonable, something you can manage. It is OK to start with a small goal. For example, start with a one-week food supply. Decide which foods and how much you need.

Take note of the expiry date, use the food before it expires, then replace the items you used.

For more ideas on short-term storage, see

[ChurchofJesusChrist.org/inspiration/latter-day-saints-channel/blog/post/three-month-food-storage-use-what-you-eat-and-eat-what-you-store](https://www.ChurchofJesusChrist.org/inspiration/latter-day-saints-channel/blog/post/three-month-food-storage-use-what-you-eat-and-eat-what-you-store)





Water

- Store 4 litres (1 gallon) of water for each person per day for at least
- 3 days. Where possible store enough for 2 weeks.
- Store a means to purify water
- Boiling, [Home-made/DIY filters](#)
- Bleach – add 1/8 teaspoon (8 drops/0.75mm) of household liquid bleach to 16 cups of water. Double the amount of bleach if water is cloudy.

Use sturdy, leak proof, break-resistant container. NO plastic jugs i.e. milk/juice

Keep water containers away from direct sunlight/heat sources. If you can, avoid keeping water containers directly touching the ground or on cement.

For more information on water storage & purification see

<https://www.churchofjesuschrist.org/topics/food-storage/drinking-water-guidelines?lang=eng>

<https://www.waterfilteradvisor.com/how-to-make-a-2l-bottle-water-filter/>



Longer-term Food Storage

- Basic staple goods such as rice and flour
- Foods that can be stored for years
- Foods that can sustain life.

Gradually build up a storage of long-lasting foods. Here is a list of food that provide important nutrients:

- Sweeteners (sugar or honey).
 - Powdered dry milk*
 - Cooking oil
 - Salt and other seasonings*
 - Rice (White) & Flour
 - Grains (White Rice*, corn, rolled oats* and pasta*)
 - For cooking: baking soda, baking powder, yeast*, and spices*
- *shorter shelf life (rotate often)

To last longer store foods at or below room temperature and have packaging that keeps out moisture, insects, and rodents.

Collect recipes that use the long-lasting basics you store. Also, make sure to store any extra items you might need such as a can opener or a grinder if you store whole grains.

For more details including information on amounts of food to store, shelf life and packaging recommendations, see [ChurchofJesusChrist.org/topics/food-storage/longer-term-food-supply](https://www.churchofjesuschrist.org/topics/food-storage/longer-term-food-supply)



Non-Food Essentials

Store other necessities you would need for emergencies or in case they are not available to buy. Some essentials to store are:

- Candles, lanterns, or flashlights; matches, lighters & fire starters; batteries
- Medications and first-aid supplies
- Hygiene supplies, such as soap, toilet paper, and feminine supplies
- Laundry supplies
- Basic cleaning supplies, including disinfectant wipes
- Important documents (see page 5)
- Bedding
- Clothing, including some that young children can grow into
- A simple means of cooking without electricity
- A means of communicating with family

FOOD STORAGE FAQs

Where can I find room to keep food storage?

Store food in a clean, cool, dry place such as shelves or cupboards, low boxes under beds or on the floor or back wall of closets. It is best to store food at room temperature or below but not freezing. Make sure not to store food directly on the cement or ground. You may find more space by:

- Removing unused items in your home
- Reorganizing your cupboards.

What are some good ways to get started?

- Make a goal that fits your circumstances.
- Figure out what foods and what amounts you would like to store.
- Try one or more of the activities on pages 16 and 17.

How can I afford food storage?

Avoid debt or going to extremes with home storage. Work toward your goal gradually. Here are a few ideas:

- Buy one or two extra items during your regular shopping.
- Reduce some lower-priority expenses.
- Sell some possessions you don't need.
- Find ways to earn some extra money.

How can I regularly use and replenish my storage?

Use a system that works well for you. Here are a few ideas:

- When you use up a can or package, put it on your grocery list.
- Check frequently to make sure you still have your goal amount on hand.
- Organize items so you can tell which is oldest. Use the oldest first.

FOOD PRODUCTION AND PRESERVATION

Producing and preserving your own food can help with your food supply. See tips below.



Gardening

Where land is available, you can plant a garden. Remember:

- Ground for a garden should be level.
- Garden soil needs to be turned over and mixed with other organic matter such as manure, compost, or leaves.
- Different foods grow well in different climates and soils. Plant foods that grow well in your local area.

You may also grow food in containers on a patio, balcony, or rooftop. Planting a vertical garden along a fence or wall can help you use unused space. Some food, such as herbs, microgreens, and seed sprouts can be grown indoors. For instructions on gardening, check local sources, such as government agencies. Also check out “Gardening” in Gospel Topics on the Church’s website.



Small-Animal Production

Raising small animals can provide you and your family or loved ones with a good protein source. Some animals best suited for raising at home are chickens, rabbits, and goats (adjust for animal suitable to your area). If you decide to raise small animals, make sure that is allowed by your local laws and that space is available.



Preserving Food at home

Preserving food at home can be a good option. Check to see how the cost, quality, and time involved compare with buying canned food.

Instructions for canning (bottling), dehydrating, or freezing food can be found online. For example:

- nchfp.uga.edu/how/can_home.html (canning)
- nchfp.uga.edu/how/dry.html (dehydrating)
- nchfp.uga.edu/how/freeze.html (freezing)

Planning Your Home Storage Activity

Organize yourselves; prepare every needful thing” (Doctrine and Covenants 109:8).

Plan to Build or Improve Your Food Storage

Fill out the chart below to help you plan your food storage. Then pick some activities from the next page to help you move forward. You could do these activities as a home evening or on your **own**.

Food Storage Assessment

What would you like your food storage goal to be?	
Which foods do you commonly eat that are shelf-stable (packaged, canned)?	
Which meals could you make using only your stored foods?	
Where can you store food?	
How might you add to your food storage on a limited budget?	
What actions could you take next to build your food storage?	

Additional Activities for Individuals and Families

<p>Family Goal</p> <p>Make a food storage goal. For example:</p> <ul style="list-style-type: none"> • 1 week of food we regularly eat • 1 extra bag of rice • 3 gallons (12 litres) of water for each person <p>Let each family member choose a food item they would like to have in storage.</p>	<p>Meal Plans</p> <p>Look at the canned or packaged foods you use regularly and make a few simple meal plans using only those foods. This helps you know what to buy for storage.</p>	<p>Information Hunt</p> <p>What questions do you have about food storage? Using the links in this guide or other sources, find the answers you need.</p> <p>For example, look up facts about:</p> <ul style="list-style-type: none"> • Types of containers for storing water. • Purifying water. • Recipes using basic (long-term) storage foods. • How to grow a certain vegetable. <p>Food Storage Meal-Making</p> <p>Try making one or two meals a month using only items from your food storage.</p>
<p>Water Storage</p> <p>Do you have water that has been stored for a long time?</p> <p>Empty the containers, and use the water to do cleaning, water plants, or another activity.</p> <p>Replace the containers with fresh water. Mark the date on the container.</p>	<p>Creatively Fund Storage</p> <p>Figure out ways to set aside money for food storage. For example, sell something you don't really need, or buy one extra item each week when shopping.</p>	
<p>Non-Food Essentials Scavenger Hunt</p> <p>Using the checklist on page 12, assign different family members to find different items. They can either write what they found and where they found it or take a photo. See how many items the family can find in 30 minutes. Afterward, write a list of what items you still need.</p>	<p>Food Storage Game</p> <p>Make a game of listing the food you already have stored. Give each family member two to three food items to find. They can list the items and how many cans, boxes, or bags they find. Before starting, have family members guess what the numbers will be. See whose guess was closest.</p>	<p>Food Storage Space Hunt</p> <p>As a family activity, explore your home looking for spaces where food could be stored. Is there unused space on shelves or in a closet? Is there space under a bed? Is an unneeded item taking up space? Take photos of the places you could make available for food storage.</p>



3

FINANCIAL PREPAREDNESS

THIS SECTION

1. Pay Tithes and Offerings
2. Avoid Debt
3. Use a Budget
4. Financial Planning Tools

ACTIVITIES

1. Save for Retirement

FINANCIAL PREPAREDNESS

Guidelines

Making wise choices with money prepares you and helps in times of need.

Here are some guidelines to help you:

Pay Tithes and Offerings

Successful family finances begin with the payment of an honest tithe and the giving of a generous fast offering. The Lord has promised to open the windows of heaven and pour out great blessings upon those who pay tithes and offerings faithfully (see Malachi 3:10).

Avoid Debt

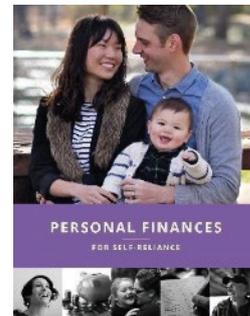
Live within our means and avoid debt when possible. There are some reasons you may need to get a loan:

- Getting an education that leads to better work.
- Buying/build an affordable home.
- Buying basic transportation if necessary.

For other big purchases, save your money and buy it when you can afford to pay for it without going into debt.

Use a Budget

A budget helps you plan how to use your money each month. Committing to a budget will help you to build self-reliance. Resources can be found online (see the *Personal Finances* manual at ChurchofJesusChrist.org/self-reliance/course-materials/personal-finances).



Financial Planning Tools

Use financial calculators to help you make wise money decisions. You can see how long it will take to pay off your debt, build an emergency fund, save for retirement, or save for a vacation.

(See [ChurchofJesusChrist.org/self-reliance](https://www.ChurchofJesusChrist.org/self-reliance).)

Build a One-Month Emergency Fund

Work to build a one-month emergency fund to protect you and your family from financial troubles. Like any goal, building up an emergency fund will take some time, and that is OK. You can start by putting any extra money you have toward your fund or create another source of income.

Save the money in a safe place, like a bank account. Do not use this money for anything other than emergencies. If you have an emergency and must use money from your emergency fund, begin putting money back into the fund as soon as possible.

Even if you have debt, make only the minimum required payment until you have built a one-month emergency fund. To reach your goal more quickly, you may want to find extra work or better work, sell some things you can live without, or get rid of unneeded costs.



Have Insurance

Insurance can help protect you financially. There are many types of insurance, but the most common are:

Private Insurance

- **Property insurance:** Examples are homeowner's, renter's, and auto insurance. This can help cover the cost to replace or repair property when there is serious damage, theft, or destruction, depending on the coverage you purchased.
- **Crop insurance:** Provides coverage of loss of production/yield or how much a crop produces. Some plans combine yield and price coverage.
- **Health insurance:** This insurance can help you cover the cost of healthcare. It may help you pay for checkups, medicine for sickness, or major medical events. Your need for health insurance may vary. Healthcare may also be a government service in your area.
- **Life insurance:** Life insurance provides a family with money if an insured family member dies. This can help a family stay safe if they lose their provider or if they need help covering costs associated with medical treatments or funeral.
- **Disability insurance:** This insurance guarantees that a part of the insured person's income will be paid if he or she becomes disabled and can't work for a long time. Employers will often provide this.

Government Insurance

Families should look at community resources available in their area.

Seek Education

Consider certifications, training, and trade school, college, or university degrees that lead to meaningful employment. Review Church educational resources (Pathway Connect, BYU-Hawaii, PEF, P13) and local scholarship programs in seeking education. Check with a member of your bishopric to see if the Education for Better Work course is offered. Ensure all young single adults are enrolled in institute and youth in seminary.

“For members of the Church, education is not merely a good idea—it’s a commandment,” said President Dieter F. Uchtdorf, then of the First Presidency (“Two Principles for Any Economy,” *Ensign* or *Liahona*, Nov. 2009, 58).

President Thomas S. Monson reminded us of the blessings of receiving an education: “Your talents will expand as you study and learn. You will be able to better assist your families in their learning, and you will have peace of mind in knowing that you have prepared yourself for the eventualities that you may encounter in life” (“Three Goals to Guide You,” *Ensign* or *Liahona*, Nov. 2007, 119).

Consider Buying/building a Home

Owning a home is not for everyone, and renting can be a better option. If you are thinking about buying or building a house, remember these two principles:

- Buy/build a home only when and where it makes sense for you.
- Buy/build only what you can comfortably afford.

An important part in your decision to buy a house will be the mortgage repayments. You need to be aware of all related costs and know that they can increase over time. Don’t base your decision on what the lender (bank) is willing to let you borrow. Borrow only what you can afford. Remember that interest rates can increase and when they do, your mortgage repayments do too. It makes sense to get professional advice.

Save for Retirement

President Ezra Taft Benson taught, “As you move through life toward retirement and the decades which follow, we invite all . . . to plan frugally for the years following full-time employment” (*Teachings of Presidents of the Church: Ezra Taft Benson* [2014], 208).

There may be government or social programs that can help you during retirement. You will probably also need to use money from your savings in retirement. Planning now can help you have enough money to be self-reliant after you retire.

Before you start saving, plan how much money you will need in retirement. The formula on this page can help you get started.

Financial Preparedness Activity

The first step to making wise financial decisions is to understand how you currently spend and save. Tracking your incomes and expenses can help you know where your money is being spent. Once you know that, you can make changes and plan where you want your money to go.

One-Month Emergency Fund

Creating a one-month emergency fund can help you be prepared for future financial challenges. Estimate the money you need for one month of living expenses. For the next one or two weeks, use this worksheet to track money received or spent. Common expenses are listed below as well as a space for your paycheck or income. Add other expenses as needed.

DATE	DESCRIPTION	INCOME	EXPENSE
	Salary/Income		
	Tithes/Offerings		
	Rent/Mortgage		
	Utilities		
	Insurance		
	Groceries		
	Savings goal (1 month)		
	Medicine		
	School		
	Miscellaneous		
	Loans		
	Activities		
	Entertainment		

Ponder: Financial Goals

Besides having an emergency fund, what other financial goals do you feel inspired to make? Review the previous pages for ideas.

To learn more, please talk to your ward welfare and self-reliance specialist about enrolling in the Personal Finances Group or visit [ChurchofJesusChrist.org/manual/personal-finances-for-self-reliance](https://www.ChurchofJesusChrist.org/manual/personal-finances-for-self-reliance)



4

EMOTIONAL PREPAREDNESS

THIS SECTION

1. Understanding our Emotions
2. Developing Healthy Thinking Patterns

ACTIVITIES

1. Developing Healthy Coping Skills Activity
2. ABCD's Response Activity: Choose Your Response

EMOTIONAL PREPAREDNESS

Guidelines

God allows us to experience hard times as part of our growth. He will help us.

We can learn skills for managing our emotions and dealing with life's troubles.

Your emotional preparedness is just as important as emergency preparedness. For example, disasters can cause us to have many different thoughts, feelings and physical responses. These responses are normal and can be managed, we call this being emotionally resilient

Being emotionally resilient is the ability to adapt to challenges with courage and faith in Jesus Christ. Becoming like the Savior includes facing challenges and hardships. He will help us use adversity to grow and develop our character. We can each learn skills to become more emotionally resilient. The diagram provides some examples on how a disaster can impact our emotions, thoughts and physical response.



"do all things through Christ who strengthens us"
Philippians 4:13

Understanding our bodies and emotions

When an event, such as a natural disaster occurs it can impact the way we think (our thoughts), feel (emotions) and how our body responds (physical response). These responses are normal, but it is important to understand that the way we respond to stressors can be managed. Understanding how our body responds to stressors will help us see them as warning signs that you are dealing with stress or anxiety. Write down some thoughts, feelings or physical responses you have experienced when stressed or anxious:



EVENT OR DISASTER YOU MIGHT EXPERIENCE:

eg. Cyclone, Hurricane

What is Stress?

It is, a physical & emotional response to an overwhelming situation.

What is Anxiety?

A feeling of worry, nervousness or unease about an imminent event or something with an uncertain outcome.

THOUGHTS:

Eg. "How long with this last?" "Do I have enough food to survive?" "Will we be ok?" "Why did it happen to me?"

FEELINGS & EMOTIONS:

Eg. Scared, Worry, Angry, Depression, Sadness

PHYSICAL RESPONSE

Eg. Fast heartbeat, sweaty, Heavy & fast breathing, tired, low energy & forgetfulness.

Developing Healthy Thinking Patterns

Developing positive thinking is a skill that can be learned. Healthy thinking patterns help us to be optimistic, have faith and improve our mood. Although it may not change the outcome of the event, it will help us manage our moods better and improve our attitudes while going through adversity.

On the next page are some examples of unhealthy thoughts and how you can turn an unhealthy thought into a healthy thought. It will take practice but with persistence swapping unhealthy thought for healthy thoughts will improve our attitude and help us cope with adversity.



Try writing some of your own in the table below:

UNHEALTHY THOUGHT	HEALTHY THOUGHT
I will never get through this	This will pass and we will be ok
Why has the Lord abandoned us	I have faith the Lord will help me through this

Coping Skills: Ways to cope with stress

Developing effective coping skills and using them will help you manage your thoughts, mood and physical response in the face of adversity. These adverse events can cause stress and anxiety. Below is a list of coping skills. Tick the coping skills you already use or ones you want to try and practice them daily.

- Pray.
- Take a short break—take deep breaths & stretch.
- Do a physical activity.
- Take a break from social media, internet, and TV.
- Talk to yourself with kind, comforting words—the way you would talk with a friend.
- Drink water and eat healthy foods.
- Seek accurate information for the problem.
- Do something with family or friends
- Take action to help and serve others
- Do something relaxing
- Write down meaningful memories of when you felt peace, joy, and love.
- Focus on what is most important to you.
- Connect with others - share your thoughts and feelings with those who are good listeners.
- Do something you love outdoors.
- Listen to relaxing music
- Accept that challenges are part of God's plan for us.
- Allow yourself to cry
- Focus on who and what matters most to you
- Play a game with others or spend time with pets

Developing Healthy Coping Skills Activity

The ABCD's to Developing Healthy Coping Skills exercise below will help you put together everything you have learned to be emotionally prepared into practice. Identifying a stressful event (**Activating Event**), then knowing how you would respond normally (**Body's Response**) is the beginning to being emotionally prepared. Choose **Coping Skills** to help you manage your response in stressful events. As you practice the new coping skills (**Do more of**) you will develop new behaviors to help you build emotional resilience.

ABCD's Response Activity: Choose Your Response

A - ACTIVATING EVENT

Think of a possible disaster that may occur in your area. What is the possible disaster?

Activating event example: "Cyclone"

- _____
- _____
- _____

B - BODY'S RESPONSE

How would your body respond; physically, emotionally, thoughts?

Body's Response Example: "Scared", "Rapid Heartbeat", "Thoughts of "I can't do this"

- _____
- _____
- _____

C - COPING SKILLS

What coping skill, either from the coping skills in Table 1.1 to create some of your own

Coping skills example: Focus on who and what matters most to you.

- _____
- _____
- _____

D - DO MORE OF

What are other coping skills you can start to do more of to prepare for stressful situations?

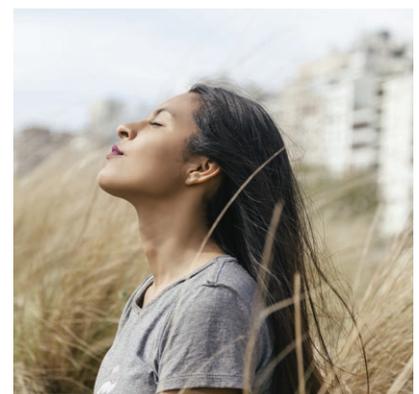
Do more of example: Listen to music

- _____
- _____
- _____

Optional Coping Skill: Deep Breathing Exercises

When you start to feel stress building, this simple breathing exercise can help you maintain balance.

Sit in a comfortable position or stand quietly. If you are comfortable doing so, close your eyes. Take a few deep, slow breaths through your nose, pausing after each one. Relax your shoulders and try to breathe so your stomach moves, rather than your shoulders. Inhale while counting to four. Then hold your breath for four counts. Exhale for four counts. Then hold your breath again for four counts. Continue to breathe slowly and calmly for five minutes. If your rapid breathing and stress level does not subside, modify your breathing to exhale even slower and for a longer count.





5

TEMPORAL PREPAREDNESS GUIDELINES FOR COUNCILS

THIS SECTION

1. Role of Councils

ACTIVITIES

1. Temporal Preparedness Activities for Councils

TEMPORAL PREPAREDNESS GUIDELINES FOR COUNCILS

Guidelines for Stakes, Ward Councils and Presidencies

Stake councils, ward councils, and presidencies assist units in working together to become more temporally prepared.

PREPARE FOR CHALLENGES



Emergency Planning



Home Storage & Production



Financial Preparedness



Emotional Preparedness

Members have been counseled to work together to help one another build their temporal preparedness. As members do so, their hearts can be “knit together in unity and in love one towards another” (Mosiah 18:21).

Role of Councils

- Prepare a simple written plan to respond to emergencies. Ward plans should be coordinated with the stake’s emergency plan.
- Be an example of caring for those in need and helping them build self-reliance.
- Plan ways to teach members how to apply preparedness principles based on local needs.
- Provide opportunities to become prepared through lessons, activities, and ministering.
- Work together to identify and solve local preparedness challenges.
- Avoid invoking a spirit of fear or extremism.

TEMPORAL PREPAREDNESS ACTIVITIES FOR COUNCILS

Members may counsel together to help one another build their temporal preparedness.

As members do so, their hearts can be “knit together in unity and in love one towards another” (Mosiah 18:21).

Activities

Review the following council activities and choose one to complete that would be most helpful for your council.

- Complete each of the individual or family activities for temporal preparedness. Your example and experiences with becoming more prepared will help those you are called to serve.
- Share one section of the temporal preparedness guidelines and an accompanying activity in a ward council or presidency meeting.
- Use all four sections of guidelines and activities for fifth-Sunday lessons for your unit.
- Work together to complete the [Stake and Ward Emergency Planning Guide activities](#) to create or update your unit emergency plan.
- Use the [“Discussion Guide: How Can I Minister to Others during a Crisis?”](#) to hold a fifth-Sunday, Relief Society, or elders quorum lesson for your unit.
- Choose a chapter from the [Emotional Resilience manual](#) to use as a fifth-Sunday, Relief Society, or elders quorum lesson for your unit.

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Welfare and Self-Reliance Services