

Fear and anxiety, especially when things remind you of the disaster

A sense of despair, hopelessness, or emptiness

What do they THINK AND FEEL?

what really counts

major preoccupations

worries & aspirations

Frustration and resentment

Irritability and a short temper



Feeling out of balance, easily upset

What do they **HEAR?**

what friends say what boss say what influencers say



I know things look bleak right now, but things are going to get

I'm grateful You're not that you are

What do they SAY AND DO?

Follow your emergency plan

attitude in public appearance behavior towards othe

Get your emergency kit

Changes in the weather condition

Leave your home immediately and do

not return until authorities indicate

it is safe to do so

Getting awareness from the friends

Providing Rescue Services by government What do they SEE?

environment friends what the market offers



Check on neighbours, especially the elderly or people ars with disabilities.

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Consult with

your local

disaster

department

obstacles

Take care of yourself and your family members

Learn about your local geology

measures of success obstacles

Ensure that your family has an emergency kit and plan.









alone - I'm

here.

check the building for structural damage. If you suspect it is unsafe, leave and do not re-enter.

danger of death or physical injury loss of life physical capital (housing, vehicles, and infrastructures physical injury) physical capital (housing, vehicles, and infrastructures physical capital (housing, vehicles, and in		loss of life			economic		giving tl knowle insur	dge to ance				Can prevent many financial loss
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