

EMOTIONAL PREPAREDNESS

Being emotionally resilient is the ability to adapt to challenges with courage and faith in Jesus Christ.



To stay emotionally resilient, learn to recognize and manage your own emotions and help others do the same. These activities cover basic skills to help you face challenges with greater resilience:

- Keep yourself emotionally resilient
- Get help when needed
- Reduce stress and anxiety
- Develop healthy coping skills

See pages 24-27 of the Temporal Preparedness Manual.

GUIDELINES FOR COUNCILS

Stake councils, ward counsels and presidencies assist units in working together to become more temporally prepared. 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 toward another.*" (Mosiah 18:21)



Role of Councils:

- Prepare a simple written plan
- Be an example of caring for those in need
- Plan ways to teach members how to apply preparedness principles based on local needs
- Provide opportunities to become prepared through lessons, activities and ministering
- Invite members to use the self-reliance plan to help identify strengths, needs and resources
- Work together to identify and solve local preparedness challenges
- Avoid a spirit of fear or extremism

See page 29 of the Temporal Preparedness Manual.

TEMPORAL PREPAREDNESS

QUICK GUIDE

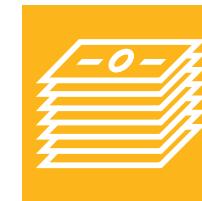
WELFARE AND SELF-RELIANCE SERVICES AFRICA SOUTH AREA



Emergency
Planning



Home Storage
and Production



Financial
Preparedness



Emotional
Preparedness

"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

EMERGENCY PLANNING

God has promised, "If ye are prepared ye shall not fear." (D&C 38:30). When we have plans in place, we are more prepared for challenges.

The elements of an Emergency Plan are:

- Understand potential disruptions or disasters in your area
- Prepare an emergency checklist
- Prepare your home for emergencies
- Create a communication and gathering plan
- Make an effective emergency kit

For your emergency kit, consider:



Shelter
Tents, tarps, blankets, and clothes.



Medical Supplies
Prescription and non-prescription medicines, masks, face shields, alcohol hand sanitizers, first aid items.



Food and Water
Simple foods and water or a water filter.



Money
Cash or valuables to trade for what you need.



Light
Flashlight, batteries, candles, and matches.



Important Documents
Identification, property, and vehicle records, financial and legal forms, medical information, insurance policies, estate documents, and an emergency contact list.



Communication
Battery-powered radio, phone with charger, backup battery.



Entertainment and Comfort Items
Games, balls, puzzles, coloring books and crayons, books.

HOME STORAGE AND PRODUCTION

Bishop W. Christopher Waddell said, "God does not expect us to do more than we can do, but he does expect us to do what we can do, when we can do it" ("There Was Bread," Oct. 2020 general conference). We can start small and work "in wisdom and in order" (Mosiah 4:27).

Home storage and production falls into four areas:



Longer-term food supply

- Basic staple foods such as rice, corn, pasta, flour, etc.
- Foods that can be stored for years; e.g. canned goods and dried food items
- Foods that can sustain life



Short-term food supply

- Food you normally eat
- Shelf-stable items such as canned and packaged foods that do not spoil quickly



Non-food essentials

- Basic supplies such as medications and flashlights
- Sanitation supplies, such as feminine hygiene products and toilet paper



Water

- 5 liters of water for each person each day for at least 3 days
- Filters or other ways to purify water if needed

Food Production and Preservation

- When possible, plant a garden or grow food in containers on balconies, patios or rooftops
- Where allowed, consider small animal production (chickens, goats, etc.)
- Preserve food at home

FINANCIAL PREPAREDNESS

"The borrower is the servant to the lender" (Proverbs 22:7). Making wise money decisions lifts your confidence and prepares you for life's ups and downs.

Ponder the following advice: "Pay the Lord First. Pay yourself second—save for the future. After these are covered, adjust your spending for what's left" (My Foundation for Self-Reliance, 3: Manage Money).



Consider these Guidelines

- Pay tithes and offerings
- Avoid debt
- Use a budget
- Build at least a one-month emergency fund
- Consider having supplementary private insurance for things not in your regular coverage; e.g. disability, property, special health care, etc.
- Save for the future
- Seek education
- Consider whether it is better to buy a home or rent
- Think about retirement. Will your pension be enough?
- There are reasons you may need to get a loan
 - Buying basic transportation
 - Getting an education
 - Buying an affordable home