

## Worksheet 2: Coping Strategies and Solutions—For Families and Small Groups

External Disasters



Family & Personal Disasters

Disruption   0 Hrs    $\longrightarrow$    3 Days    $\longrightarrow$    2 Weeks    $\longrightarrow$    1 month    $\longrightarrow$    6+ Months

	<i>72-Hour Kit</i>	
<b>Support System</b>	<i>E.g. Friends, Family, Doctors, Religious Leaders, Mechanics, Veterinarians, etc. in your strategies</i>	<b>Dates Reviewed</b>

**Instructions**

1. Make several copies of this worksheet per person in your brainstorming group.
2. Choose two of the Disruption Types (right), and write one in each row. Refer to Chapter 3 for details.
3. With family or friends, brainstorm coping strategies and solutions for each disruption type.
4. Review your strategies, and write the names of people involved in the “Support System” column.
5. Everything in the “0 Hrs – 3 Days” column, with a printed contact list of your support system, may go in your go-bag or 72-hour kit.
6. If you need to purchase items to complete your plan, buy them steadily over time.

**Disruptions**

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Power &amp; Computer</li> <li>• Water, Sewer &amp; Sanitation</li> <li>• Shelter &amp; Property</li> <li>• Evacuation</li> <li>• Physical Safety</li> <li>• Communications</li> <li>• Food &amp; Cooking</li> </ul> | <ul style="list-style-type: none"> <li>• Medical</li> <li>• Transportation &amp; Fuel</li> <li>• Heat &amp; Cooling</li> <li>• Money &amp; Finances</li> <li>• Important Documents</li> <li>• Legal Problems</li> <li>• Mental Health, Emotional &amp; Spiritual Needs</li> </ul> |
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## Worksheet 2 Cheat Sheet: Disruptions and Considerations

Please refer to these ideas as you complete Worksheet 2. You may download full-sheet versions of Worksheet 2 from [www.howtoprep.com](http://www.howtoprep.com). Here are some topics to think about when planning for each disruption:

### Power and Computer

- **Considerations:** light, cell phone, computer, internet, fridge, air conditioning, boiler, hot water, downed wires.
- **Timeframe:** 0-1 month. After living in shelter without power for that long, you probably will have either adapted or will need to find shelter with power.

### Water, Sewer, and Sanitation

- **Considerations:** water shutoff, contamination, sewer backup, washing clothes, washing dishes, shower, frozen or burst pipes.
- **Timeframe:** 0-1 month.

### Shelter and Property

- **Considerations:** mold, home destruction or condemnation, sheltering in place, social isolation from sick individuals, property damage (natural or manmade), broken windows, insurance, fire, pets and livestock.

### Evacuation

- **Considerations:** gathering family, “close” place to evacuate, “far” place to evacuate, emergency clothing, temporary shelter, school evacuation, traffic jams, pets and livestock, cars vs. public transportation.
- **Timeframe:** 0-1 month. A long-term evacuation becomes indistinguishable from a shelter disruption.

### Physical Safety

- **Considerations:** storm cellar, door and window locks, self-defense techniques, family defense, bomb threat, active shooter, hazardous driving conditions.
- **Timeframe:** Aside from building security, this disruption is relevant primarily for only a few weeks at most.

### Communication

- **Considerations:** cell phone, internet, landline, SMS, radio, television, email.
- **Timeframe:** 0-1 month, because you will probably reach a new normal by then.

### Food and Cooking

- **Considerations:** perishable items, availability of food in stores, food storage location/conditions.

### Medical

- **Considerations:** medication, insurance, injury, hospital destroyed, childbirth, flu or pandemic, stroke, excessive bleeding, choking, burns, not breathing, heart attack, shock, poisoning, broken bones, head and neck injuries, electrical shock, epilepsy, hypothermia, allergic reaction, chronic illness.

### Transportation and Fuel

- **Considerations:** flooded or blocked roads, trains or busses out of service, no gas available, vehicle breakdown, car accident, bus or train terminal shutdown, train line shutdown.

### Heat and Cooling

- **Considerations:** no gas, no electricity, boiling water, showers, cold indoors, air conditioning.
- **Timeframe:** 0-1 month, depending on whether you plan to adapt to conditions without heating or cooling.

### Money and Finances

- **Considerations:** ATMs off, internet access, cash, store credit card machines, decrease in income, loss of job, spouse job loss/death, unexpected bills, repairs, or losses, medical bills.

### Important Documents

- **Considerations:** computer backups, contacts, vehicles, church, education, employment, estate planning, family, financial, home, medical, insurance, wills, tax returns, family history, birth or marriage certificates, social security cards, insurance, keys, passwords

### Legal Problems

- **Considerations:** probate, contractor disputes, bank fees, landlord problems, mortgage problems, home insurance, medical insurance, car insurance, default on debt, wills, divorce

### Mental, Emotional, and Spiritual Needs

- **Considerations:** self-worth, stress, personal faith, marriage relationship, family relationships, depression.