WHERE DO WE BEGIN?

FIRST...

DISASTERS & THEIR EFFECTS

- WHAT IS A DISASTER?

★ *A disaster is a devastating, catastrophic event that can be life-threatening, injury producing, which may create the following distressful experiences...*

Potential experiences (impacts, feelings, etc.)

- *Sense of fear, worry*
- *Disruption of home, routine, etc.*
- *Feeling that one's life was threatened*
- *Witnessing injuries, death, pain*
- *Feeling "trapped" and isolated*
- *Being out of control of something threatening to life's basics: food, shelter, clothing, people, comfort...even life itself*
- *Having flashbacks to other catastrophes (i.e. in the case of Southeast Asians, associating loud noises with memories of "bombings")*
- *Feeling cut-off from services*
- *Being separated from loved ones*
- *Having a sense of mortality*
- *Feeling "survivor guilt"*
- *Children are forced to become "parents" to adults who are scared or worried.*