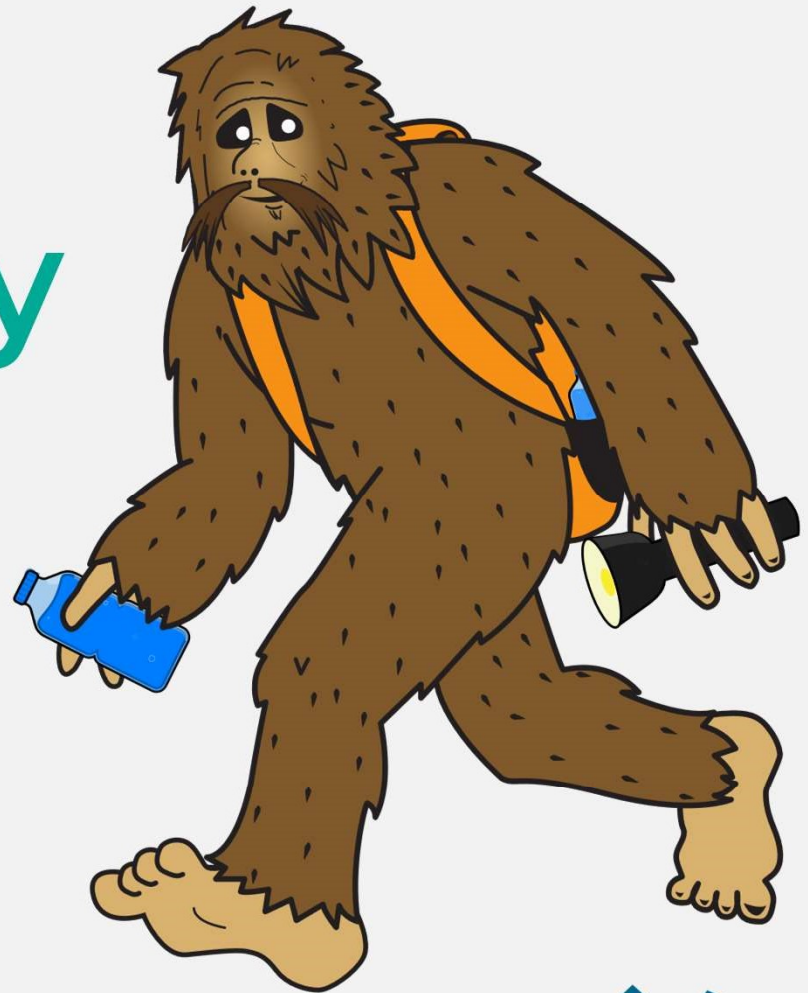


# Disaster Ready Washington



# Disaster Ready Washington



Your Mental Health During a Disaster



Financial Preparedness



Tips for Your Increasingly Online Life



Strategic Shopping



# Your Mental Health during a Disaster

*How to Help, How to Cope, How to Get Help*

Jenn Brown, MA  
Emergency Preparedness Coordinator  
Marysville Emergency Management



# How to Help



Understand –

Trauma and stress  
impact everyone  
differently



# Impacts

## Trauma Definition

American Psychology Association –  
“**Trauma** is an emotional response to a terrible event like an accident, rape or natural disaster.



Immediately after the event, **shock** and **denial** are typical. Longer term reactions include unpredictable emotions, flashbacks, **strained relationships** and even physical symptoms like headaches or **nausea**.







# Impacts

## Collective Trauma

### Psychology Today –

**Collective trauma refers to the impact of a traumatic experience that affects and involves entire groups of people, communities, or societies.**

**Collective trauma is *extraordinary* in that not only can it bring distress and negative consequences to individuals but in that it can also change the entire fabric of a community (Erikson, 1976). In fact, collective trauma can impact relationships, alter policies and governmental processes, alter the way the society functions, and even change its social norms (Chang, 2017; Hirschberger, 2018; Saul, 2014).**

## Psychological

- Irritability or anger
- Self-blame or blaming others
- Isolation and withdrawal
- Fear of recurrence
- Feeling stunned, numb, overwhelmed
- Feeling helpless
- Mood swings
- Sadness, depression, grief
- Denial
- Concentration and memory problems
- Relationship problems/marital discord



## Physiological

- Nightmares
- Headaches
- Fatigue
- Rapid breathing
  - Diarrhea
  - Nausea
- High blood pressure
  - Muscle tension or pain
  - Decrease in immune system
- Insomnia
- Hyperactivity
- Chest pain
- Loss of appetite
- Heartburn
- Stomach pain
- Increase in alcohol & or drug consumption



# How to Cope & Encouraging Others

**Remember there's no “right” or “wrong” way to feel.** People react in different ways to trauma, so don't tell yourself (or anyone else) what you should be thinking, feeling, or doing.



**Don't ignore your feelings—it will only slow recovery.** It may seem better in the moment to avoid experiencing your emotions, but they exist whether you're paying attention to them or not. Even intense feelings will pass if you simply allow yourself to feel what you feel.





# How to Cope & Encouraging Others

**Avoid obsessively reliving the traumatic event.** Repetitious thinking or viewing horrific images over and over can **overwhelm** your nervous system, making it harder to think clearly.



**Reestablish routine.** There is comfort in the familiar. After a disaster, getting back—as much as possible—to your normal routine, will help you minimize traumatic stress, anxiety, and hopelessness.



# How to Cope & Encouraging Others

- **Put major life decisions on hold.** Making big life decisions about home, work, or family while traumatized will only increase the stress in your life.



# How to Cope & Encouraging Others

- Rest and eat – tend to be first things that go
  - Anxiety, fear, worry, doubt, sadness, & pain can all make it tough to go to sleep.
  - The lack of sleep can make symptoms worse
    - Try a sleep routine
      - Go to sleep and get up at the same time each day.
      - Avoid caffeine in the afternoon or evening and limit alcohol intake as it disrupts sleep.
      - Do something relaxing before bed, like listening to soothing music, reading a book, or meditating.
      - Make your bedroom as quiet, dark, and soothing as possible.
      - Get regular exercise—but not too close to bedtime.





# How to Cope & Encouraging Others

- **Rest and eat** – tend to be first things that go



- **Foods can make your stress feel better or worse** – eating a diet full of processed and convenience food, refined carbohydrates, and sugary snacks can worsen symptoms of traumatic stress.
- **Eating real foods help** – natural, unprocessed food can help to relieve traumatic stress, and can improve your energy, outlook, and overall sense of well-being.





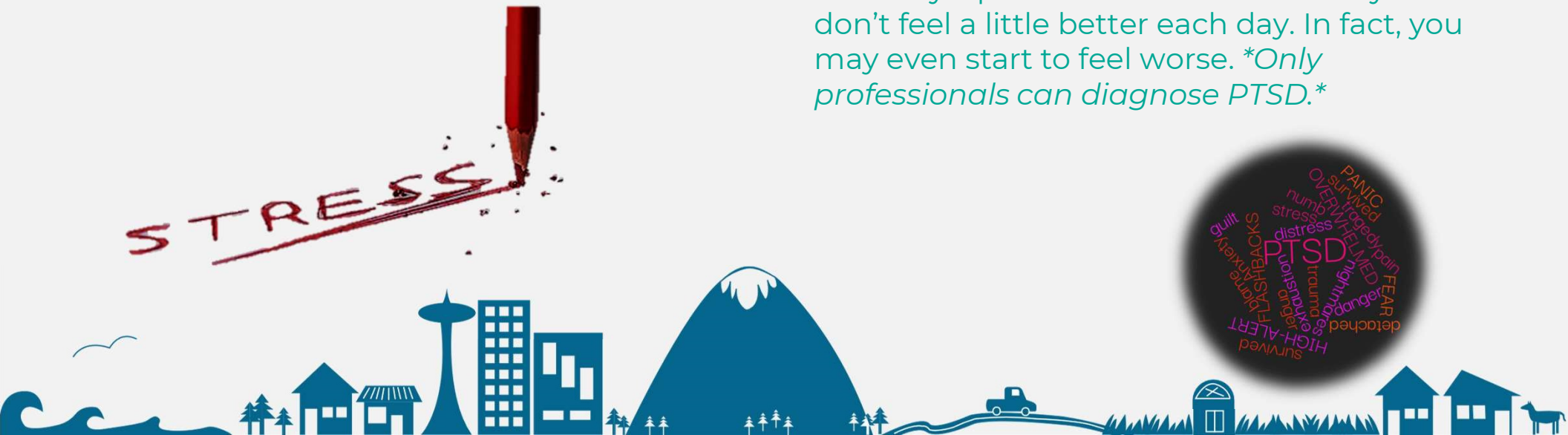
# How and When to get Help

## What's the difference between **traumatic stress** and **PTSD**?

Symptoms of traumatic stress tend to gradually improve over time, especially if you take steps to care for your emotional health.

If your traumatic stress symptoms don't ease up and your nervous system remains "stuck," you may be experiencing PTSD.

With PTSD, you remain in psychological shock. symptoms don't decrease and you don't feel a little better each day. In fact, you may even start to feel worse. *\*Only professionals can diagnose PTSD.\**

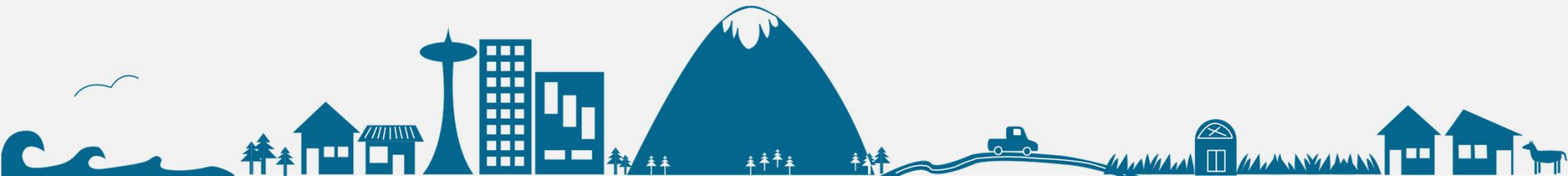


# How and When to get Help

## Mountain Peaks

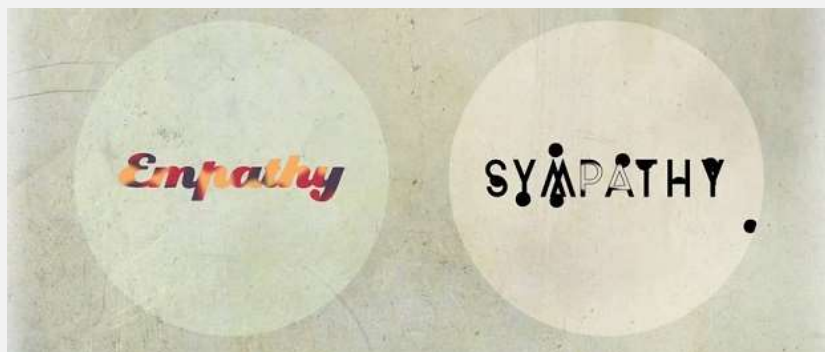
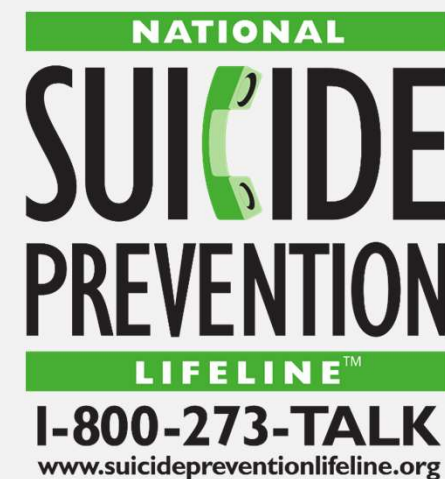


Experiencing one traumatic event can remind you of others.



# How and When to get Help

**Reach-out** – if symptoms don't change, if enough is enough, if there are feelings of helplessness & hopelessness, if thoughts of suicide, **get help.**



**Have Empathy and Listen, Connect**





# Financial Preparedness

Michelle Boll  
Public Education Program Coordinator  
Snohomish County Department of Emergency Management



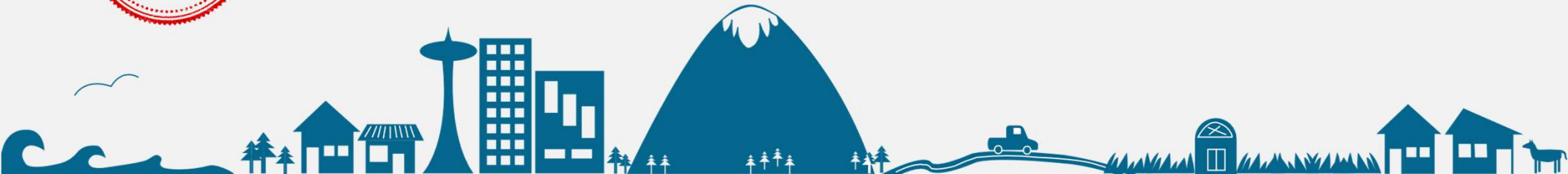


# Financial Preparedness

Why do we need to be financially prepared for disasters?



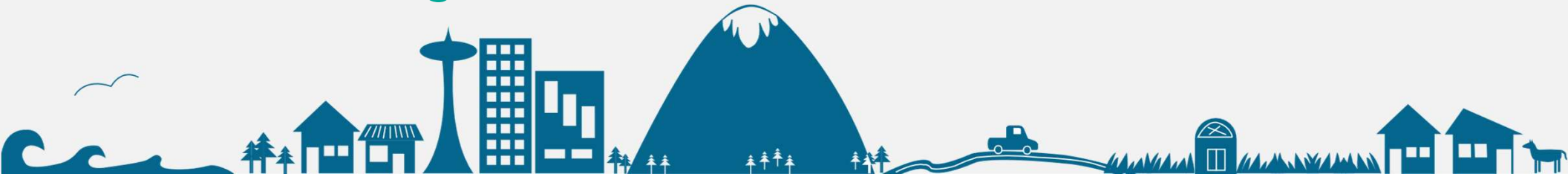
**6 out of 10 households will experience at least one emergency per year**



# Financial Preparedness



How much money do you think the average person has in their savings account?

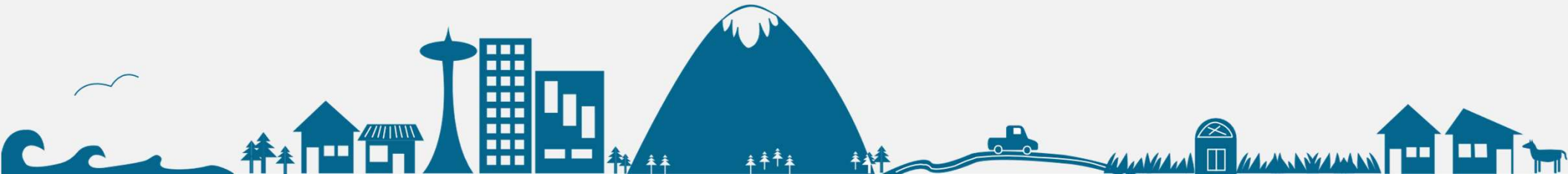


# Financial Preparedness

What is the average saving's account balance?

## Breakdown By Age

- Under 35: \$2,600
- 35-44: \$3,800
- 45-54: \$4,100
- 55-64: \$5,400
- 65-74: \$8,000
- 75+: \$10,000



# Financial Preparedness

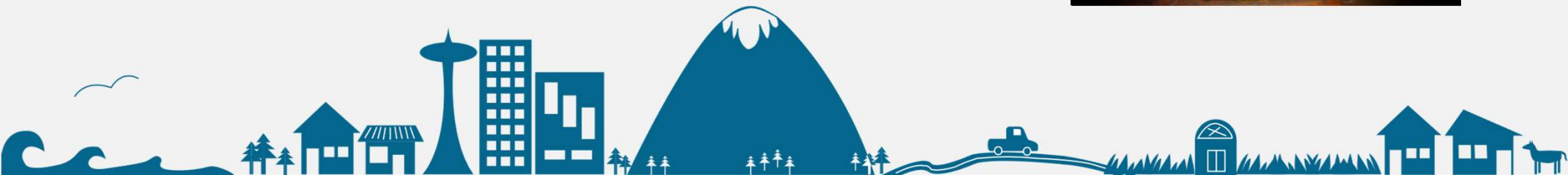
Q: How much money do I really need to save?

A: Goal is 3-6 months of your overall expenses.

But, you have to start somewhere...

Q: What about cash, how much should I have on hand for my disaster kit?

A: Enough to pay for critical living expenses for 3 days or more – food, water, gas etc. (not rent or bank loans). Consider bartering goods too!





# Financial Preparedness

## Tips on Saving Up Money

- High/ low concept
- Automate your savings
- Smart investing- consult financial advisor
- Search for coupon codes, use Groupon
- Only buy what need
- Budgeting phone apps



**People who keep track of their savings often end up saving more, because they have saving on their minds.**

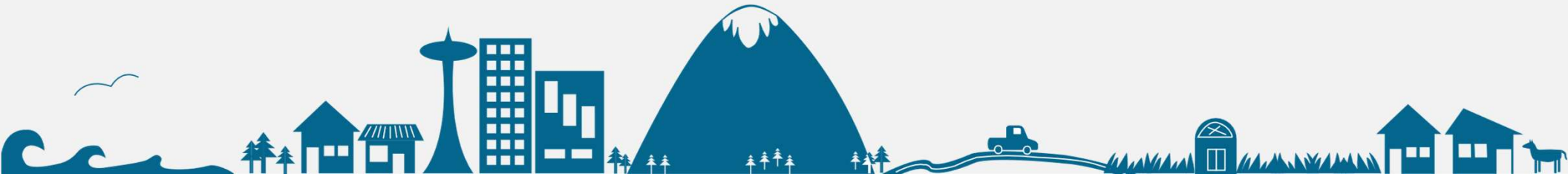


# Financial Preparedness



## Homeowners Insurance

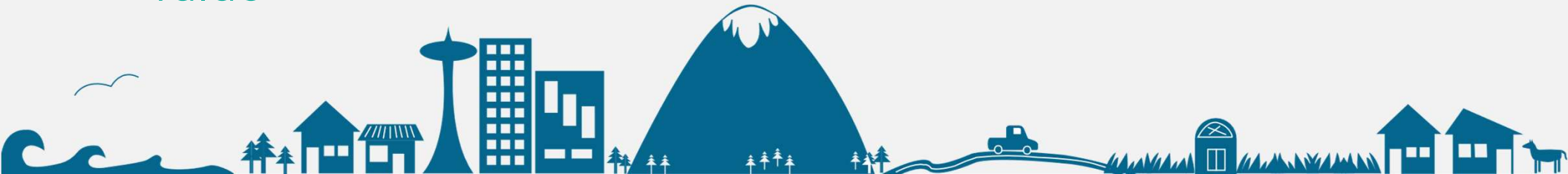
- Typically does not cover damage caused by floods, earthquakes or landslides.
- How do I decide if I need additional insurance?



# Financial Preparedness

## Earthquake Insurance

- More than 1,000 earthquakes occur each year in Washington
- Aftershocks cause damage too
- Earthquake Insurance typically cost \$800 a year
- Deductible typically 10%/15% of the total insured value



# Financial Preparedness



## Flood Insurance

- Floods cause \$6 billion in damage a year
- Not just for homes on floodplains
- Do you live next to a river, levee, or dam?
- Average flood insurance cost \$900 a year



**40% of all flood insurance claims were made by people outside of high-risk areas.**





*Tips for*  
**Your Increasingly  
Online Life**  
*During COVID-19*

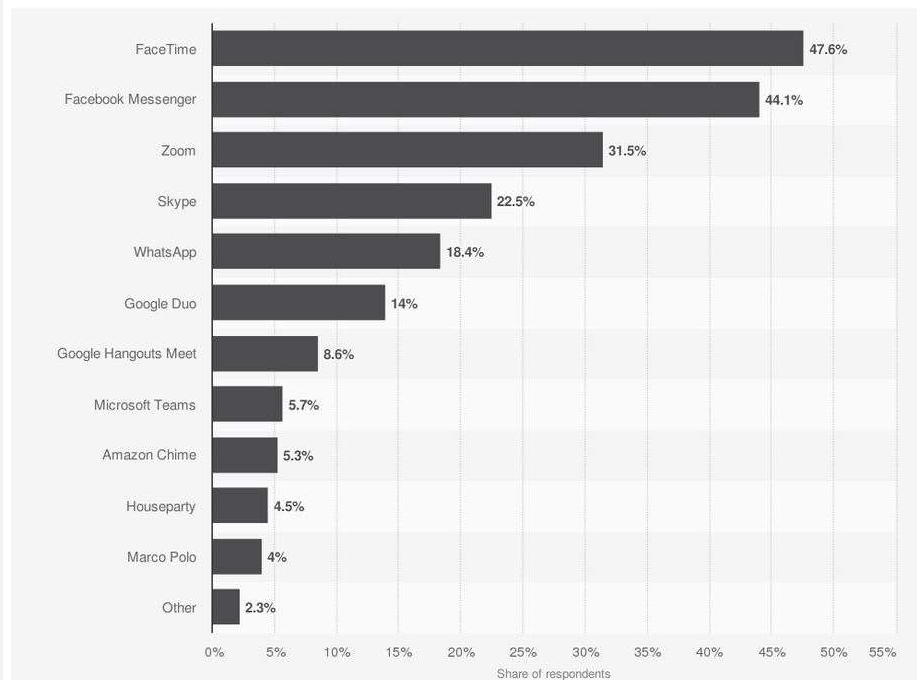


Rebecca Chatfield  
Education and Outreach Specialist  
Bellevue Office of Emergency Management



# Online Productivity: New Tools

Growth of Popular Video Conferencing Systems During COVID 19, 2020



Sources  
eMarketer; Business Insider  
© Statista 2020

Additional Information:  
United States; Business Insider; March 2020; 18 years and older

statista



Zoom

Google Hangouts

UberConference

TrueConf Online

Skype

FreeConference

Lifesize Go

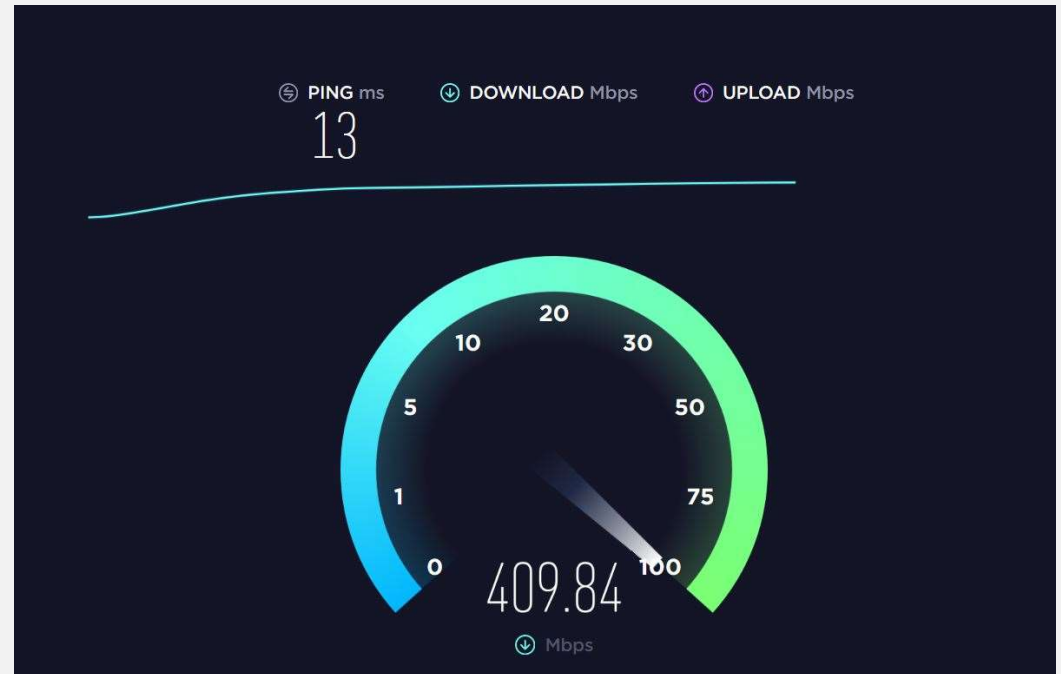
Slack Video Calls

Facebook Live

YouTube Live

# Online Productivity: at Home

Check Your Connectivity  
with **Speedtest.net**



# Numbers You Want to See with Speedtest.net

Ping is time in milliseconds it takes for the server to respond.

**Ping = Lower is better (<150)**

Download Mbps is amount of data that can be received in 1 second.

**Download = Higher is better (>25)**

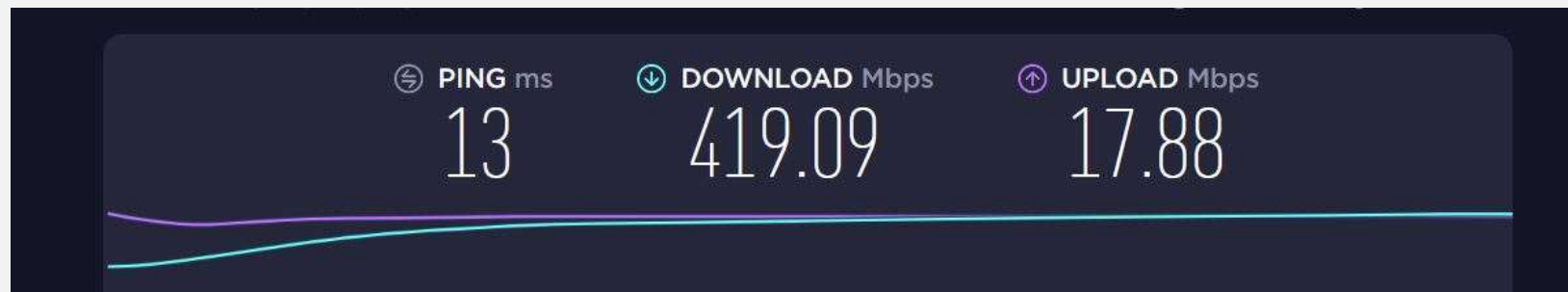
Upload Mbps is amount of data that can be sent in 1 second.

**Upload = Higher is better (>15)**





# My Speedtest.net Results



**Ping = Lower is better (<150) SO LOW!**

**Download = Higher is better (>25) WOWZA!**

**Upload = Higher is better (>15) GOT IT!**

*Geek Alert: yep I signed up for a fast plan*



# If your speeds are too slow...

## Call Your Internet Provider

### 1. Check Your Plan

Adequate for the need – multiple users online?

Ask about costs of various plans

### 2. Check Your Equipment

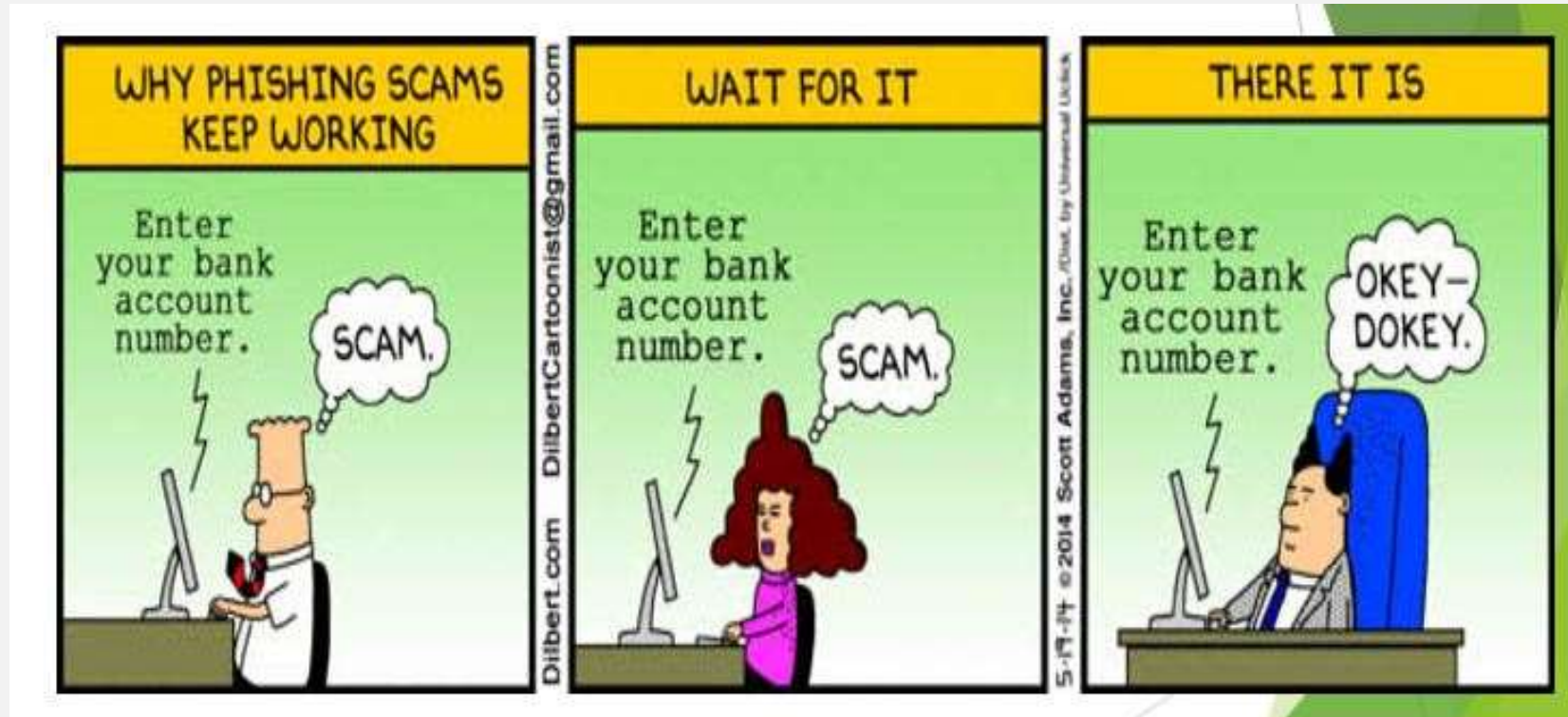
Everything connected to network properly?

Older equipment may need upgrade

Consider buying a wi-fi extender or mesh network



# Cyber SECURITY



# YOU are Your Own Best Defense



## Watching out for tricksters and scams

If someone CALLS, TEXTS, or EMAILS  
you out of the blue...

be suspicious

and don't give out any personal info





# BEWARE = BE AWARE

Be cautious of messages that have **sense of urgency**

Stop those clicky fingers! **Check source** before clicking links



PHISHING = email scams

SMISHING = SMS/text scams

also can happen on

iMessage/Facetime, WhatsApp,  
Slack or Skype



# Passphrases are the thing now

- Old-style 8-character passwords too easy to hack
- Passphrase – A series of words that is easy to remember

## Example 1:

*PreparingForDisastersMeansPeaceofMind*

## Example 2:

*Earthquake!dropcoverholdon!*



# Password Managers

- Encrypted and secure
- Use a different passphrase for each device and online account
- Some programs have free versions but most cost \$\$\$



# Two-Step Verification



**Also Known As: Two-Factor or Multi-Factor Authentication**

- Log in with your password
- Temporary code sent to your smartphone or email
- Enter that code too to complete the log in

**EASY AND EFFECTIVE WAY FOR ENHANCED SECURITY**





# Automate For Better Security: **Set & Forget**

## Automatic **Software Upgrades** for Windows & Mac

### Automatic **Backups of Data**

- Local to your own storage device
- Use the Cloud



# Final Thoughts – Social Media

- Review privacy settings FREQUENTLY
- Anything you share on social media = public info
- Online is forever so be thoughtful of posts



# Strategic Shopping

Melissa Lantz, BS, CHES  
Public Health Emergency  
Preparedness and Response –  
Eastern Washington





Over-buying





# Supply Chain Disruptions





# Purchase in Moderation



# Preparedness is:



# Preparedness is *not*:



Rather than scrambling when disaster strikes and supplies are short for everyone, buy a little bit extra on every trip.



# Be 2 Weeks Ready







Plan Ahead





Make A  
List &  
Bring It  
With You



# Questions?



# Resources

Free Downloads:

[www.mil.wa.gov/preparedness](http://www.mil.wa.gov/preparedness)

Webinar Recording:

<https://www.youtube.com/user/EMDprepare>

