

26. BE CALM

Preparing mentally for an emergency or terrorist incident

WHY ACT?

While the entire *All Together Now* program is designed to prepare you physically for the possibility of an emergency or terrorist incident, there are certain steps you can take to address mental preparedness as well. Those with high-stress jobs such as police, fire fighters and medical personnel, are trained to be calm in emergencies. This allows them to think more clearly and helps inoculate those around them from letting fear spiral out of control, causing panic, serious injury or even death. This action will help you and those around you both in emergencies and the stresses of daily life.

PREPAREDNESS ACTION

○ *Mentally rehearse*

Step 1: Imagine yourself in an emergency situation.

Step 2: Take a few deep breaths and collect yourself.

Step 3: Assess the situation.

Step 4: Communicate your assessment calmly to those around you, be they your family, neighbors, co-workers or strangers.

○ *Practice*

Step 1: In your daily life, when you find yourself in a stressful situation or becoming fearful, practice taking a few deep breaths, collecting yourself and feeling calm.

Step 2: Enhance your ability to reduce stress by taking one or more of these preventive steps:

- ▶ Get enough sleep.
- ▶ Exercise.
- ▶ Eat a balanced diet.
- ▶ Balance work, play and rest.
- ▶ Connect with others.
- ▶ Allow yourself to give as well as receive.
- ▶ Use spiritual resources.

MATERIALS

Any inspirational writing that helps you develop a quiet calm in the face of the world's uncertainties.

TIME

A lifetime of opportunities to practice.

RESILIENCY GAIN

This action will help you respond calmly in the face of fear provoked by terrorism or any emergency, and positively influence those around you.

