

Coping Strategies and Solutions

Disruption Types	Support System	0 Hours	3 Days	2 Weeks	1 Month	6+Months
	I.e., Friends, Family, Doctors, Church Leaders, Merchants, Community Resources, Veterinarian s. etc.	72 Hour Kit		72 Hour Kit		

Instructions:

1. Make several copies of this worksheet.
2. Choose two of the Disruption Types (right) and write one in each row.
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. Repeat steps 1-4 with two new Disruption Types.
6. Everything in the "0 Hrs-3 Days" column, with a printed contact list of your of your support System may go in your Go-Bag or 72-hour kit and plan.
7. If you need to purchase items to complete your plan, buy them steadily over time.

Disruption Types:

- | | |
|--|---|
| <ul style="list-style-type: none"> Power & Computer Water, Sewer & Sanitation Shelter & Property Evacuation Physical Safety Communications Food & Cooking | <ul style="list-style-type: none"> Medical Transportation & Fuel Heat & Colling Money & Finances Emotional & Spiritual Needs Personal Documents Legal Problems |
|--|---|