



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.