

***September 2010***

## ***MAKE A PLAN***

September is Wisconsin National Preparedness Month. This is the time for citizens to be aware of potential emergencies that could affect their homes, workplace and the community. Start now with our monthly activity to gather emergency supplies and learn what type of emergencies could affect your home or work environment. As many plan for return to school or prepare for the fall and winter seasons, take time to prepare for an emergency for yourself, family, pets and those neighbors or relatives that may need extra assistance.

## ***CONTINUE TO BUILD YOUR KITS***

The *Item of September* is a personal hygiene kit. Gather the following suggested items and other personal items for your kit:

- Feminine hygiene items.
- Shaving items.
- Contact lens solution.
- Toothbrush and toothpaste
- Denture care items.
- Hair care products
- Deodorant.
- Soap/hand sanitizer.
- Lip balm/moisturizers.
- Seasonal products (sunscreen, repellents).
- Paper towels.
- Facial tissues
- Toilet paper.
- Cleaning wipes.
- Cotton swabs.

## ***BE INFORMED***

As we remember 9/11, or any personal stressful time, this information may help you respond and handle the anxiety of an emergency for yourself or family members. Please refer to the specific links at the end of this resource article.

## **Maintaining a Healthy State of Mind**

Everyone has their own ways of dealing with stressful situations. Resilience—the ability to adapt well to life's ups and downs—can help manage stress and feelings of anxiety. Everyone can develop resilience. It involves thoughts and actions that can be learned and practiced over time.

Anyone who experiences a disaster is affected by it, whether directly or indirectly through location, family or friends, or exposure to media coverage of the event.

Even if a disaster, such as a terrorist act, produces little physical damage, it can bring fear, confusion, and uncertainty into daily life. Strong and varied emotional reactions to such an event are natural. People are resilient and able to recover from difficult experiences.

Given the uncontrollable nature of disasters, some people question whether they can take steps to plan for catastrophic events. Actually, we know that the more people prepare for the unexpected, the better they manage these situations.