

INTRODUCTORY LESSON (LESSON 01)

Your world may have turned upside down. Here are some basic practices that will help you recover more quickly.

- Do your best to take care of your body, by trying to eat well, get enough sleep, and exercise. If you have trouble sleeping, getting more exercise or doing more physical work during the day may help reduce stress and allow you to sleep better.
- Look for ways to connect with others, even if you feel like being alone. It will help you recover. Isolation will slow your recovery.
- Be willing to ask for help if you need it, and to accept the help that is offered.
- Reestablish routines where you can, especially with children. This reduces the feelings of chaos the disaster created.
- Complete small projects and tasks. This can help restore some sense of control and order.
- Avoid making major decisions, as much as possible. Be aware of how you are using alcohol, sleep aids, or other things to cope.

After a disaster, you may not want to pray or read the Bible for a while. Don't let that add to your worries. It is a normal reaction and does not mean that you have lost your faith. Other people will pray for you, and God understands, as the verse below reminds us. Give yourself time to recover.

*Just as parents are kind
to their children, the LORD
is kind to all who worship
him, because he knows*

we are made of dust.

Psalm 103:13–14 CEV

You may have many practical problems and fewer resources than you had before the disaster. It can be hard to think clearly after a disaster. Your situation may feel hopeless and the way you would like to solve your problems may not be possible right now.

As you try to resolve the many problems you are facing, it may help to discuss the following questions with someone. This can help you to think through your options and plan your next steps.

For Reflection

- What resources do you have?
- What have you already tried? What was helpful or not helpful?
- What are some other things you could try?
- Who might be able to help you, even a little bit?
- What seems like the most helpful next step?