

Area Temporal Preparedness Guide: Philippines

WELFARE AND SELF-RELIANCE SERVICES

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Introduction

“For decades, the Lord’s prophets have urged us to store food, water, and financial reserves for a time of need. . . . I urge you to take steps to be temporally prepared.” —President Russell M. Nelson

At times caring for our temporal needs may feel overwhelming. But remember that “by small and simple means are great things brought to pass” (Alma 37:6). When we act in faith and do our part to care for our temporal needs, God magnifies our small and simple efforts.

The following guidelines and activities can help you become more prepared.



Emergency
Planning



Home Storage
and Production



Financial
Preparedness



Emotional
Preparedness

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Emergency Planning Guidelines

Introduction

God has promised, "If ye are prepared ye shall not fear" (Doctrine and Covenants 38:30). When we have plans in place, we are more prepared for challenges. This includes:

- Emergency planning
- Home storage and production
- Financial preparedness
- Emotional preparedness.

Like spiritual learning, preparedness is best done "line upon line" (Isaiah 28:10). And when challenges occur, we can learn from them, heal and grow, and continue to prepare. During the process, we can look to ourselves, our family, our community and the Church. We can then renew our commitment to preparedness for our family and those we serve.



Elements of an Emergency Plan

Start by learning about the disasters that could happen where you live. Then prepare your home. Make an emergency kit. Create a plan for communicating and gathering during a disaster.



Prepare Your Home for Emergencies

General Preparation

There are many things you can do to prepare your home for potential emergencies. Consider the following:

Utility Shut-Off

Locate the shut-off valves and levers for utilities. Everybody in the household should learn how to shut off water, electricity, and liquefied petroleum gas (LPG).

Food, Water, and Non-Food Essentials Home Storage

A store of food, water, and non-food essentials can help when emergencies disrupt our daily lives. Consider storing the following: (additional details can be found on pages 11–13):

- Store an emergency supply of nonrefrigerated foods.
- Plan on one gallon of water per person per day for drinking, food preparation, and sanitation. Store enough water for three days
- Store medical supplies, clothing, blankets, flashlights, extra batteries, sanitation supplies, and so on.



Cooking Solutions

An alternative cooking source allows you to prepare hot meals. Make sure to cook only in well-ventilated areas. Cooking sources can be:

- Firewood, sawdust, rice hull, etc.
- Charcoal
- Candles
- Grills/Camp stoves (use butane gas outdoors only)
- Canned heat (used under serving dishes)

Emergency Kit

Create an emergency kit for your home, vehicle, and place of work (see page 6).

Preparing for Specific Disasters

Consider what kinds of natural disasters may be likely where you live. Prepare your home accordingly.

For example, if you live in an earthquake zone Consider saving for an emergency fund. Also have a family plan, keep emergency supplies on-hand, keep heavy objects in safe places, secure cabinets, and practice “duck, cover, and hold on.”

If typhoons are a threat, keep your radio on and listen to the latest news. Stay in safe and strong houses. Evacuate from low-lying areas to higher ground. Stay away from coasts and riverbanks. Watch out for the passage of the "eye" of the typhoon.



Preparing an Emergency Kit

An emergency kit can help you be prepared if you need to leave your home quickly or if you need to survive for a short period of time. Having a kit ready will help bring peace to your mind. When making a kit, consider:



Shelter:

Tents, tarps, blankets, and clothes.



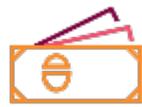
Medical Supplies:

Prescription medicines, over-the-counter medicines, masks, face shields, alcohol hand sanitizers, first aid items



Food and Water:

Simple foods and water or a water filter.



Money:

Cash or valuables to trade for what you need.



Light:

Flashlight, batteries, candles, and matches.



Important Documents:

Identification, property, and vehicle records, financial and legal forms, medical information, insurance policies, estate documents, and an emergency contact list.



Communication:

Battery-powered radio, phone with charger, backup battery.



Entertainment and Comfort Items:

Games, balls, puzzles, coloring books and crayons, books.

Additional Resources

Your local government units are sources of information on emergency planning. You can find more about this topic at the sites listed below:

- ndrrmc.gov.ph/
- doh.gov.ph/
- ocd.gov.ph/
- phivolcs.dost.gov.ph/
- bagong.pagasa.dost.gov.ph/
- pnp.gov.ph/
- redcross.org.ph/disaster-management-service/



Disaster and Disruption Assessment Activity

“Let all things be prepared before you”
(Doctrine and Covenant 101:68)

Learn about Disasters

Answer the questions below to help you identify the most common disasters and disruptions where you live. This will help you know what to plan for.



What disasters are most common where you live? List them below (for example, typhoons, floods, earthquakes, and so on).

What area of my life will they disrupt? Describe your answer below. (For example, a typhoon could damage my shelter. My shelter would be disrupted.)

Refer to “Planning for Disruptions “ activity on page 8 to make a plan for these disruptions.



Planning for Disruptions Activity

"If ye are prepared ye shall not fear"
(Doctrine and Covenants 38:30).

Planning for Disruptions

Use this worksheet to plan for needs you could have after a disaster such as a flood, typhoon, or earthquake. Identify the things you can do or store to prepare for these disruptions.



Potential Disruption	Things you can do or store to prepare for these disruptions	
	Short-Term	Long-Term
Example: Clean water is unavailable	Keep an extra case of bottled water handy	Get and learn to properly use a water filter Have water stored in large-volume container
Food is unavailable		
Need alternative cooking source		
Your shelter becomes damaged		
Need medical attention		
Need to communicate, but phones or internet are down		
Power sources don't work		
Need alternative transportation		
Feeling physically drained		
Feeling spiritually depleted		
Feeling emotionally worn-out		



Communication and Gathering Plan Activity

"Be thou prepared, and prepare for thyself, thou, and all thy company that are assembled unto thee, and be thou a guard unto them"(Ezekiel 38:7).



Communication Plan

Create a plan for contacting people in an emergency. You might:

- Make a list of emergency contacts. Include family members, friends, neighbors, Church leaders, and community resources. Unit leaders are asked to include missionaries in their emergency and communication plan.
- Memorize key phone numbers in case your contact list is unavailable.
- Plan other ways to make contact if you can't make a phone call. This might mean texting, instant messaging, or posting on social media.
- Choose a relative in another city to be an out-of-town contact. Plan for all family members to contact that person. They can tell their condition and location to the out-of-town contact. The out-of-town contact can pass information between family members.
- Complete the form below so you have this information handy in an emergency.

FAMILY CONTACTS	NEIGHBORS, CHURCH, WORK	MEDICAL, COMMUNITY, SCHOOL
Ex: Juan de la Cruz 0988888888	Ex: Bishop Mendez 0988888000	Ex: Dr. John Ledesma-0988888111
	Ex: Full-time missionaries 0988818222	
Out-of-town contact:		

Gathering Plan

Pick a safe place where you and your family can find each other after an emergency. It is also a good idea to choose an alternate place. Gathering places may change depending on the disaster or where you are when the disaster happens. For example, if you're at school, you may not be able to go to the safe place near your home. Your gathering place should be somewhere where children can find a trusted adult.

Family gathering place:
Alternate family gathering place:
School or childcare gathering place:
Ward or Stake gathering place



Preparing for an Emergency Checklist

"And see that these things are done in wisdom and order" (Mosiah 4:27).

An Emergency Planning Checklist

This checklist can help you review what you need to do to become more prepared. Go through the list and check off the items you have. Then work to gather what you still need and write down things you need to do.

Once you have everything on your checklist, don't forget to check your emergency supplies regularly. Children grow out of clothes, food expires, and plans change. Revisit this list often and see what needs to be replaced or added. Add any action items below to help you complete your checklist.

Checklist:

Food and Water

- Supply of perishable food for ____ days
- ____ gallons of water per individual
- Cooking source
- _____(Add your own)
- _____(Add your own)

Emergency Kit

- Clothing
- Blankets
- Medical supplies
- Light source (ex: candles, flashlight, solar lamp, petromax, etc.)
- Critical documents (identification, financial etc.)
- Communication method
- Communication and gathering plan
- _____(Add your own)
- _____(Add your own)



Home Preparation

- Knowledge of how to shut off home utilities (gas, water, and electricity)
- _____(Add your own)

ACTION ITEMS



Home Storage and Production

Guidelines

Church leaders have counseled us to store a basic supply of food and water at home to prepare for times of need. In the Old Testament, Joseph interpreted Pharaoh's dream. Joseph said there would be seven years of plenty, followed by seven years of famine. Pharaoh asked Joseph to direct a food storage program to save Egypt from hunger. We, too, can plan ahead. When we strive to prepare "every needful thing," we'll be blessed with peace of mind (Doctrine and Covenants 109:8).

It can be easy to feel stressed about food storage. We all live in different circumstances, and some of us have limited finances or space in our homes. Bishop W. Christopher Waddell said, "The Lord does not expect us to do more than we can do, but He does expect us to do what we can do, when we can do it" ("There Was Bread," *Ensign* or *Liahona*, Nov. 2020, 43.). We can start small and work "in wisdom and in order" (Mosiah 4:27). See the categories of what to store below and details about each category on pages 12–13.



Short-term food storage

- Foods you normally eat.
- Shelf-stable items such as canned and packaged foods that do not spoil quickly.



Water

- 1 gallon (4 liters) of water for each person each day for at least 3 days.
- Filters or other ways to purify water if needed.



Longer-term food storage

- Basic staple foods such as rice, corn, mungo, etc..
- Foods that can be stored for years--e.g. canned goods and dried fish.
- Foods that can sustain life.



Non-food essentials

- Basic supplies such as medications, flashlights, and sanitation supplies.



Storing Food and Necessities

Short-Term Food Storage



Start by building a small supply with food that is part of your daily diet. Make a goal that is reasonable for your circumstances. It's OK to start with a small goal.

For example, start by having a one-week supply. Continue to build from there as you can. Think of foods you can use to make nutritious meals, even if you can't buy fresh items from the store. This storage would include canned and packaged items that don't spoil quickly.

Decide which foods and how much of each you want to keep on hand. As you prepare your regular meals, use this food before it expires. Then replace the items you have used by buying new ones.

For more ideas on short-term storage, see ChurchofJesusChrist.org/inspiration/latter-day-saints-channel/blog/post/three-month-food-storage-use-what-you-eat-and-eat-what-you-store.

Water



Water is crucial for life. Store at least one gallon (four liters) for each person per day for three days. Where possible, store enough water for two weeks.

The need for water is greater in hot climates.

If water comes directly from a good, pretreated source of drinking water, it doesn't need to be purified before storing. In case you need to use water that is impure, store a means of water purification, such as a filter and aquatabs. If these are not available, consider boiling.

Use sturdy, leak-proof, break-resistant containers. Do not use plastic jugs that have been used for milk or juice or non-food items.

Keep water containers away from heat sources and direct sunlight. Also avoid keeping water containers directly touching the ground or cement. Store water where it would not cause damage if a container leaked.

For more information on water storage and purification, see the following resources:

- ChurchofJesusChrist.org/topics/food-storage/drinking-water-guidelines
- ChurchofJesusChrist.org/inspiration/self-reliance-storing-a-water-supply?lang=eng

Longer-Term Food Storage



For longer-term needs, gradually build a storage of long-lasting foods that preserve life. Here is a list of basic foods that provide important nutrients.

- Grains (such as white rice*, corn, rolled oats, oatmeal*, pasta*)
- Legumes (such as mongo, red, white, or black beans), lentils*, soybeans
- Sweeteners (such as sugar or honey).
- Non-fat dry milk*
- Fats and oils (such as cooking oil*)
- Salt
- Daily multivitamin supplement* or fruits* and vegetables*
- For cooking: baking soda, baking powder, yeast*, and spices*

*shorter shelf life (rotate often)

(Continued next page)



Longer-term Food Storage (continued)

Many of these foods (those not marked with a *) can last up to 30 years or more. But to last that long, they must:

- Be stored at room temperature or below.
- Have packaging that keeps out moisture, insects, and rodents.

You can also add foods like canned or dehydrated fruits, vegetables, and meats, which need to be rotated more often. You could use some of these foods in your everyday meals and then replace them to maintain your supply.

Collect recipes that use the long-lasting basics you store. Also, make sure to store any extra items you might need such as a can opener.

For more information on amounts of food to store, shelf life, and packaging recommendations, see [ChurchofJesusChrist.org/topics/food-storage/longer-term-food-supply](https://www.ChurchofJesusChrist.org/topics/food-storage/longer-term-food-supply).

Non-Food Essentials



Store other necessities you would need for emergencies, in case they are not available to buy. Some essentials to store are:

- Candles, lamps (gas, rechargeable, solar charger, petromax, etc.), matches, flashlights, batteries
- Medications and first-aid supplies
- Hygiene supplies such as soap, toilet paper, and feminine products
- Laundry products
- Basic cleaning supplies, including disinfectant wipes
- Important documents (see page 6)
- Bedding and clothing, including some clothes that young children can grow into
- A simple means of cooking without electricity
- A means of communicating with family



Food Storage FAQs



Where can I find room to keep food storage?

Store food in a clean, cool, dry place. It is best to store food at room temperature or below but not freezing. Make sure not to store food directly on the cement or ground. Here are a few ideas:

- In shelves or cupboards
- In low boxes under beds
- On the floor or back wall of closets

You may find more space by:

- Removing unused items in your home.
- Reorganizing your cupboards or pantry.



What are some good ways to get started?

- Make a goal that fits your circumstances.
- Figure out what foods and what amounts you would like to store.
- Try one or more of the activities on pages 16 and 17.



How can I afford food storage?

Avoid debt or going to extremes with home storage. Work toward your goal gradually. Here are a few ideas:

- Buy one or two extra items during your regular shopping.
- Reduce some lower-priority expenses.
- Sell some possessions you don't need.
- Find ways to earn some extra money.



How can I regularly use and replenish my storage?

Use a system that works well for you. Here are a few ideas:

- When you use up a can or package, put it on your grocery list.
- Check frequently to make sure you still have your goal amount on hand.
- Organize items so you can tell which is oldest. Use the oldest first.



Food Production and Preservation

Producing and preserving your own food can help with your food supply. See tips below:

Gardening

Where land is available, you can plant a garden. Remember:

- Vegetables need six hours of sunlight per day.
- Ground for a garden should be level.
- Garden soil needs to be turned over and mixed with other organic matter such as manure, compost, or leaves.
- Different foods grow well in different climates and soils. Plant foods that grow well in your local area.



You may also grow food in containers on a patio, balcony, or rooftop. Planting a vertical garden along a fence or wall can help you use unused space. Some food, such as herbs, microgreens, and seed sprouts like bean sprouts or toge can be grown indoors. For instructions on gardening, check local sources, such as government agencies. Be sure to check out “Gardening” in Gospel Topics on the Church’s website as well.

Small Animal Production

Raising small animals can provide you and your family or loved ones with a good protein source. Some animals best suited for raising at home are chickens, ducks, and goats. If you decide to raise small animals, make sure that it is allowed by your zoning laws and that space is available.



Preserving Food at Home

Preserving food at home can be a good option. Check to see how the cost, quality, and time involved compare with that of buying canned food.

Instructions for canning (bottling), dehydrating, or freezing food can be found online. For example:

- nchfp.uga.edu/how/can_home.html (canning)
- nchfp.uga.edu/how/dry.html (dehydrating)
- nchfp.uga.edu/how/freeze.html (freezing)





Planning Your Home Storage Activity

“Organize yourselves; prepare every needful thing” (Doctrine and Covenants 109:8).

Plan to Build or Improve Your Food Storage

Fill out the chart below to help you plan your food storage. Then pick some activities from the next page to help you move forward. You could do these activities for home evening or on your own.



Food Storage Assessment

What would you like your food storage goal to be?	
Which foods do you commonly eat that are shelf-stable (packaged, canned)?	
Which meals could you make using only your stored foods?	
Where can you store food?	
How might you add to your food storage on a limited budget?	
What actions could you take next to build your food storage?	



Additional Activities for Individuals and Families

Family Goal

Make a food storage goal. For example:

- 1 week of food we regularly eat
- 1 extra bag of rice
- 3 gallons (12 liters) of water for each person

Let each family member choose a food item they would like to have in storage.

Self-Reliance Plan

Complete a [Self-Reliance Plan](#) for yourself or with your family. Identify resources to help build your home storage and production. Make a plan to increase your self-reliance.

Water Storage

Do you have water that has been stored for a long time?

Empty the containers and use the water to clean, water plants, or do another activity.

Replace the containers with fresh water. Mark the date on the container.

Food Storage Meal-Making

Try making one or two meals a month using only items from your food storage.

Meal Plans

Look at the canned or packaged foods you use regularly and make a few simple meal plans using only those foods. This helps you know what to buy for storage.

Food Storage Game

Make a game of listing the food you already have stored. Give each family member two to three food items to find. They can list the items and how many cans, boxes, or bags they find. Before starting, have family members guess what the numbers will be. See whose guess was closest.

Food Storage Space Hunt

As a family activity, explore your home looking for spaces where food could be stored. Is there unused space on shelves or in a closet? Is there space under a bed? Is an unneeded item taking up space? Take photos of the places you could make available for food storage.

Information Hunt

What questions do you have about food storage? Using the links in this guide or other sources, find the answers you need.

For example, look up facts about:

- Types of containers for storing water.
- Purifying water.
- Recipes using basic (long-term) storage foods.
- How to grow a certain vegetable.

Non-Food Essentials Scavenger Hunt

Using the checklist on page 13, assign different family members to find different items. They can either write what they found and where they found it or take a photo. See how many items the family can find in 30 minutes. Afterward, write a list of what items you still need.

Creatively Fund Storage

Figure out ways to set aside money for food storage. For example, sell something you don't really need, or buy one extra item each week when shopping.



Financial Preparedness Guidelines

Making wise choices with your money boosts your confidence and prepares you for life's ups and downs. Here are some guidelines to help you:

Pay Tithes and Offerings

Successful family finances begin with the payment of an honest tithe and the giving of a generous fast offering. The Lord has promised to open the windows of heaven and pour out great blessings upon those who pay tithes and offerings faithfully (see Malachi 3:10).

Avoid Debt

Debt can build up quickly, and paying interest adds to the cost. If you've gotten into debt, try to pay it as soon as possible. Here are some reasons you may need to get a loan:

- Buying basic transportation if necessary.
- Getting an education that leads to better work.
- Buying an affordable home.

For other big purchases, save your money and buy it when you can afford to pay for it without going into debt.

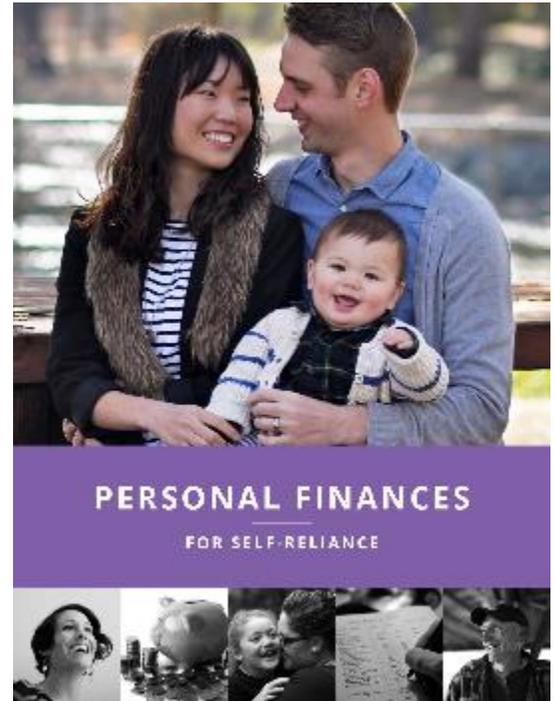
Use a Budget

A budget helps you plan how to use your money each month. Committing to a budget will help you build self-reliance. Resources can be found online (see the *Personal Finances* manual at ChurchofJesusChrist.org/self-reliance/course-materials/personal-finances).

Financial Planning Tools

Use financial calculators to help you make wise money decisions. You can see how long it will take to pay off your debt, build an emergency fund, save for retirement, or save for a vacation.

(See ChurchofJesusChrist.org/self-reliance.)





Build a One-Month Emergency Fund

Work to build a one-month emergency fund to protect you and your family from financial troubles. Like any goal, building up an emergency fund will take some time, and that is OK. You can start by putting any extra money you have toward your fund.

Save the money in a safe place, like a bank account. Do not use this money for anything other than emergencies. If you have an emergency and must use money from your emergency fund, begin putting money back into the fund as soon as possible.

Even if you have debt, make only the minimum required payment until you have built a one-month emergency fund. To reach your goal more quickly, you may want to find extra work or better work, sell some things you can live without, or get rid of unneeded costs.

Have Insurance

Insurance can help protect you financially. There are many types of insurance, but the most common are:

Private Insurance

- **Property insurance:** Examples are homeowner's, renter's, and auto insurance. This can help cover the cost to replace or repair property when there is serious damage, theft, or destruction, depending on the coverage you purchased.
- **Crop insurance:** Provides coverage of loss of production/yield or how much a crop produces. Some plans combine yield and price coverage.
- **Health insurance:** This insurance can help you cover the cost of health care. It may help you pay for checkups, medicine for sickness, or major medical events. Your need for health insurance may vary. Health care may also be a government service in your area.
- **Life insurance:** Life insurance provides a family with money if an insured family member dies. This can help a family stay safe if they lose their provider or cover costs associated with medical treatments or a funeral.
- **Disability insurance:** This insurance guarantees that a part of the insured person's income will be paid if he or she becomes disabled and can't work for a long time. Employers will often provide this.

Government Insurance

Families should also study available community resources in their area such as PhilHealth, SSS, GSIS, PAG-IBIG, etc.



Put a Little Away

As you prepare for the future, save money where you can.

Seek Education

Consider certifications, trainings, and trade school, college, or university degrees that might enrich your mind and help you make a living. Review Church educational resources and local scholarship programs in seeking education. Check with a member of your bishopric to see if the Education for Better Work course is offered.

“For members of the Church, education is not merely a good idea—it’s a commandment,” said Elder Dieter F. Uchtdorf, then Second Counselor in the First Presidency (“Two Principles for Any Economy,” *Ensign* or *Liahona*, Nov. 2009, 58).

President Thomas S. Monson reminded us of the blessings of receiving an education: “Your talents will expand as you study and learn. You will be able to better assist your families in their learning, and you will have peace of mind in knowing that you have prepared yourself for the eventualities that you may encounter in life” (“Three Goals to Guide You,” *Ensign* or *Liahona*, Nov. 2007, 119).

Consider Buying a Home

Owning a home is not for everyone, and renting can be a better option. If you are thinking about buying a house, remember these two principles:

- Buy a home only when and where it makes sense for you.
- Buy only what you can comfortably afford.

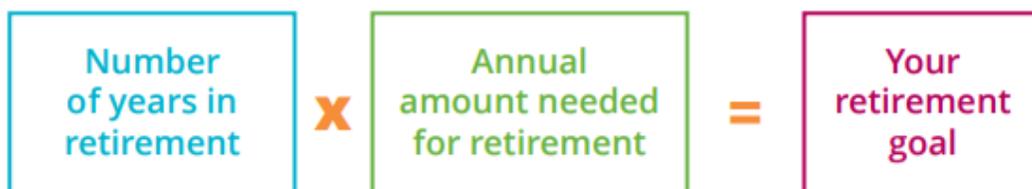
Your monthly mortgage payment should not be more than 25 percent of your monthly gross income. Use that number as a guide for what you can afford to pay rather than basing your decision on what a lender is willing to let you borrow.

Save for Retirement

President Ezra Taft Benson taught, “As you move through life toward retirement and the decades which follow, we invite all . . . to plan frugally for the years following full-time employment” (*Teachings of Presidents of the Church: Ezra Taft Benson* [2014], 208).

There may be government or social programs that can help you during retirement. You will probably also need to use money from your savings in retirement. Planning now can help you have enough money to be self-reliant after you retire.

Before you start saving, plan how much money you will need in retirement. The formula on this page can help you get started.





Emotional Preparedness

Guidelines

Becoming like the Savior includes facing challenges and hardships. He will help us use adversity to grow and develop our character.

Being emotionally resilient is the ability to adapt to challenges with courage and faith in Jesus Christ. We can each learn skills to become more emotionally resilient. Good mental and emotional practices can help us prepare for the challenges of life. The illustration below is an overview of some of these practices.



Keeping Yourself Emotionally Resilient

To stay emotionally resilient, we must learn to recognize and manage our own emotions and help others do the same. We can reach out for more help from friends, family, and qualified professionals when needed. The activities in this section cover basic skills to help you face challenges with greater resilience.



Getting More Help When Needed

Support Groups

Groups are a great way to build emotional resilience. Check with a member of the bishopric to see what is available in your area.

- Emotional Resilience Self-Reliance Group (a 12-week group using the *Emotional Resilience* manual)
- Addiction Recovery Program Group (in-person and online)
- Addiction Recovery Program Spouses and Family Support Group (in-person and online)



How to Know When Professional Help Is Needed

In general, professional help is needed when you are struggling with a continuing and severe problem that you can't get any relief from. Here are other signs that you may need professional help:

- Suffering from feelings of overwhelming anger, sadness, fear, emotional pain, or hopelessness that don't go away.
- Issues that continue and do not lessen.
- Feeling weak physically.
- Change in appetite and sleep patterns.
- Uncontrollable sense of worry and anxiety.
- Considering harming self or others.
- Difficulty functioning day-to-day or doing daily tasks.

Counseling from Family Services

A bishop can refer a member to receive counseling from professionals through Family Services.

Finding the Right Professional Help in the Community

In some places, Family Services has identified community professionals whose approach is compatible with Church beliefs. When you are looking for a professional, remember that you are a consumer of a service and have the right to ask questions. Consider looking for a professional who has these characteristics:

- Understands and respects your values and what you want to get out of therapy.
- Can explain his or her training and experience and how it relates to your needs. Look for qualified professionals such as licensed marriage and family therapists, licensed clinical social workers, psychiatrists, psychologists, professional counselors, and so on.
- Has sessions that are right for you in length, cost, and so on.
- Is willing to consult with your Church leader on your progress and work together to help you.



Reducing Stress and Anxiety Activity

God allows us to experience hard times as part of our growth. He will help us. We can learn skills for managing our emotions and dealing with life’s troubles. As we practice these skills in our day-to-day life, we will be better prepared to handle new challenges successfully.

Developing Healthy Ways to Cope with Stress

Stress and worry are normal parts of life. Stress comes from situations and motivates us to act. Anxiety is a feeling of too much worry and does not go away after a situation is over. In times of difficulty, stress and anxiety can become stronger and make it hard to function well. Here are some ways to manage stress and anxiety. Check those you already use or ones you want to try.



Ways to Manage Stress and Anxiety

- Pray.
- Read an inspiring book, story, or poem.
- Take a short break—take deep breaths and stretch.
- Do a physical activity.
- Take a break from social media, internet, and TV.
- Talk to yourself with kind, comforting words—the way you would talk with a friend.
- Help someone else.
- Do something relaxing, such as reading, listening to music, or going outside.
- Stay connected with friends and family.
- Take it one step at a time.
- Journal your thoughts and feelings.
- Write down meaningful memories of when you felt peace, joy, and love.
- Drink water and eat healthy foods.
- Seek accurate information for the problem.
- Focus on what is most important to you.
- Talk with a friend who is a good listener.
- Do something you love outdoors.
- Schedule a time to do something with friends or family.
- Accept that challenges are part of God’s plan for us.

Now choose one to three of the ideas you checked. Plan how you could use them within the next three to four days to help with something stressful. Write down how and when you could do this. Share your plan with another person who can understand and encourage you.

WAY TO REDUCE STRESS AND ANXIETY	WHEN AND HOW
Example: Take a short break.	Example: Set a reminder on my phone to take five-minute breaks at lunchtime and before returning home from work.



Developing Healthy Coping Skills Activity

When we are in challenging situations and struggling, there are many ways to respond. How we choose to respond will lead to positive or negative consequences. To begin with, it helps to be aware of the responses we normally use.

Choosing Your Response

1. Think of a recent time when you were in a difficult situation. For example, maybe you faced a disappointment or were criticized. Maybe you felt worried, made a mistake, or felt like you weren't enough.

What was the situation? _____

2. Now review the potential responses below.

3. Circle how you responded in this situation. (Circle as many as apply. Or write your own answer.)

4. What other ways of responding do you often use? (Circle those.)

5. Which of the actions below would you like to start using more? (Mark those with a *.)



Pray for help	Respond with a soft voice	Talk it over with someone
Plan the next action to take	Express doubt to yourself or others	Get angry
Make excuses	Look for more information	Indulge in self-pity
Apologize for mistakes	Do something to make it right	Rebel
Focus on the present and future rather than dwelling on the past	Give up	Allow fear to rule
Complain	Procrastinate	Defend your actions or thoughts even if they are wrong
Do something to solve the problem	Remind yourself that things will be OK	Remember that mistakes can be fixed
Write down your feelings	Take a break to calm down	Blame others

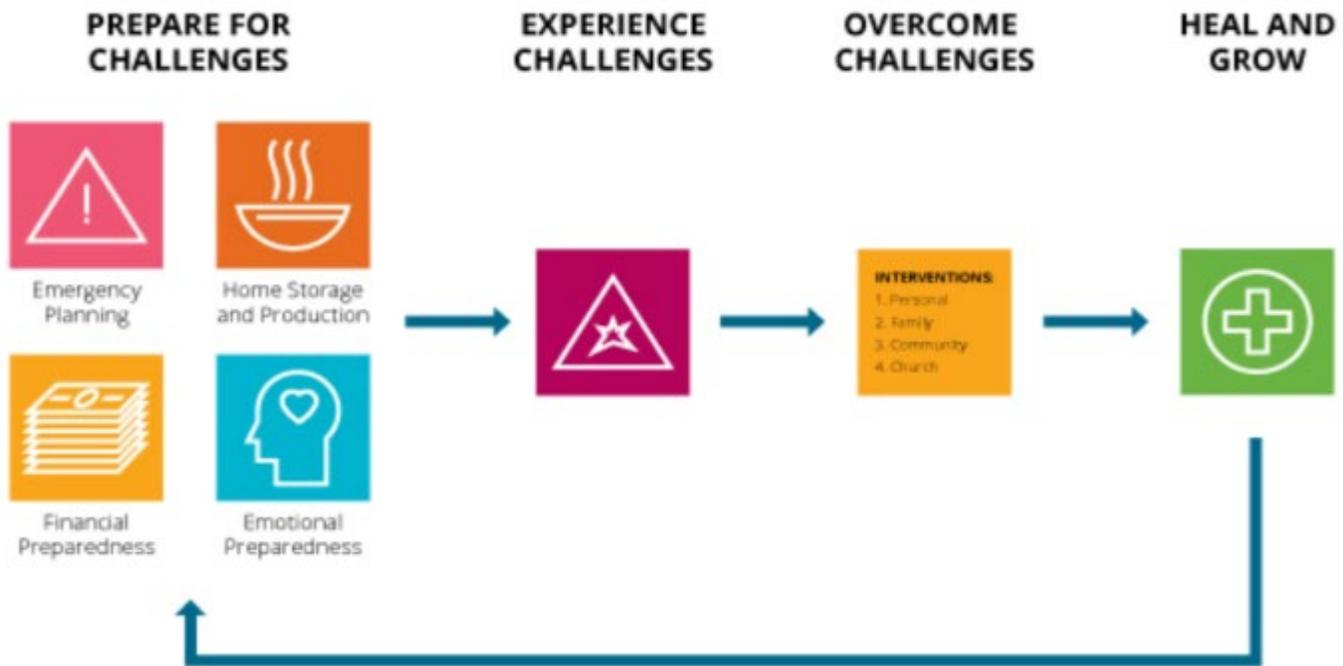
To learn more, please talk to your ward welfare and self-reliance specialist about enrolling in the Emotional Resilience Group Meetings or visit: [ChurchofJesusChrist.org/self-reliance/course-materials/emotional-resilience-self-reliance-course-video-resources](https://www.ChurchofJesusChrist.org/self-reliance/course-materials/emotional-resilience-self-reliance-course-video-resources)



Temporal Preparedness Guidelines for Councils

Guidelines for Stakes, Ward Councils, and Presidencies

Stake councils, ward councils, and presidencies assist units in working together to become more temporally prepared. Members have been counseled to work together to help one another build their temporal preparedness. As members do so, their hearts can be “knit together in unity and in love one towards another” (Mosiah 18:21).



Role of Councils

- Prepare a simple written plan to respond to emergencies. Ward plans should be coordinated with the stake’s emergency plan. A template called the Stake and Ward Emergency Planning (SWEP) Guide can help create the plan.
- Be an example of caring for those in need and helping them build self-reliance.
- Plan ways to teach members how to apply preparedness principles based on local needs.
- Provide opportunities to become prepared through lessons, activities, and ministering.
- Consider inviting members to use the Self-Reliance Plan to help identify strengths, needs, and resources for temporal preparedness.
- Work together to identify and solve local preparedness challenges.
- Avoid a spirit of fear or extremism.



Temporal Preparedness Activities for Councils

Members may counsel together to help one another build their temporal preparedness. As members do so, their hearts can be “knit together in unity and in love one towards another” (Mosiah 18:21).



Activities

Review the following council activities and choose one to complete that would be most helpful for your council.

- Complete each of the individual or family activities for temporal preparedness. Your example and experiences with becoming more prepared will help those you are called to serve.
- Share one section of the temporal preparedness guidelines and an accompanying activity in a ward council or presidency meeting.
- Use all four sections of guidelines and activities for fifth-Sunday lessons for your unit.
- Work together to complete the [Stake and Ward Emergency Planning Guide activities](#) to create or update your unit emergency plan.
- Use the “[Discussion Guide: How Can I Minister to Others during a Crisis?](#)” worksheet to hold a fifth-Sunday, Relief Society, or elders quorum lesson for your unit.
- Choose a chapter from the [Emotional Resilience manual](#) to use as a fifth-Sunday, Relief Society, or elders quorum lesson for your unit.

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