

Session Overview: Supporting Self & Others During a Natural Disaster

Audience: All employees

Duration: 1 hour

Forum Style: Face-to-Face or Virtual

No. of Participants: 25 attendees for Face-to-Face / Up to 1000 for Webinar depending on platform

Session Overview

Natural disasters can have devastating effects not only on ourselves, physically and mentally, but also on those around us within our communities. Natural disasters that occur in the community are considered traumatic events. They are powerful and upsetting incidents which can impact daily life – the activities you do, and your thoughts.

People who are either directly, or indirectly, exposed to a natural disaster are likely to experience increased feelings of vulnerability, despair, helplessness and hopelessness. It can become hard to feel safe in what now feels like an unsafe environment. Many people may have strong reactions following their experience of a traumatic event. For most, these reactions subside over a few days or weeks and it is important for individuals to have healthy coping strategies to support their mental health during this time.

This session aims at providing individuals with tools to be able to support themselves during or following a natural disaster, as well as how to support others that may be in a similar situation that has been impacted.

Learning Outcomes

- Identify common reactions to natural disasters
- Recognise trauma responses to a traumatic event
- Learn strategies for building resilience to a natural disaster
- Learn strategies to support others during and following a natural disaster

Content

- Overview of natural disasters and their impact on individuals
- Types of trauma responses – direct, indirect, and vicarious trauma
- Signs of negative impact from a traumatic event specific to natural disasters
- Understand the needs for a distressed state in both self and others
- Learn strategies to how to support self, including circle of control and reframing techniques
- Learn strategies on how best to support others during a natural disaster
- Know where to find further information and support