

Adulting 101

The Art of Being a Grown-up

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Session 5

Crisis Management and Resilience

Life's Lemons

- Crises and catastrophes by their nature are unpredictable, and therefore hard to plan for.
- However, preparations can be made that may make things easier should a crisis occur.
- It may be costly to obtain some of your emergency preparedness materials. Prioritize greatest needs and buy those first, get the rest over time.



Plan Ahead

- Buy a fire-proof box to store important documents.
<https://www.wisebread.com/11-essential-documents-you-should-keep-in-your-safe>
- First Aid Kits: Stock Supplies that can Save Lives.
<https://www.mayoclinic.org/first-aid/first-aid-kits/basics/art-20056673>



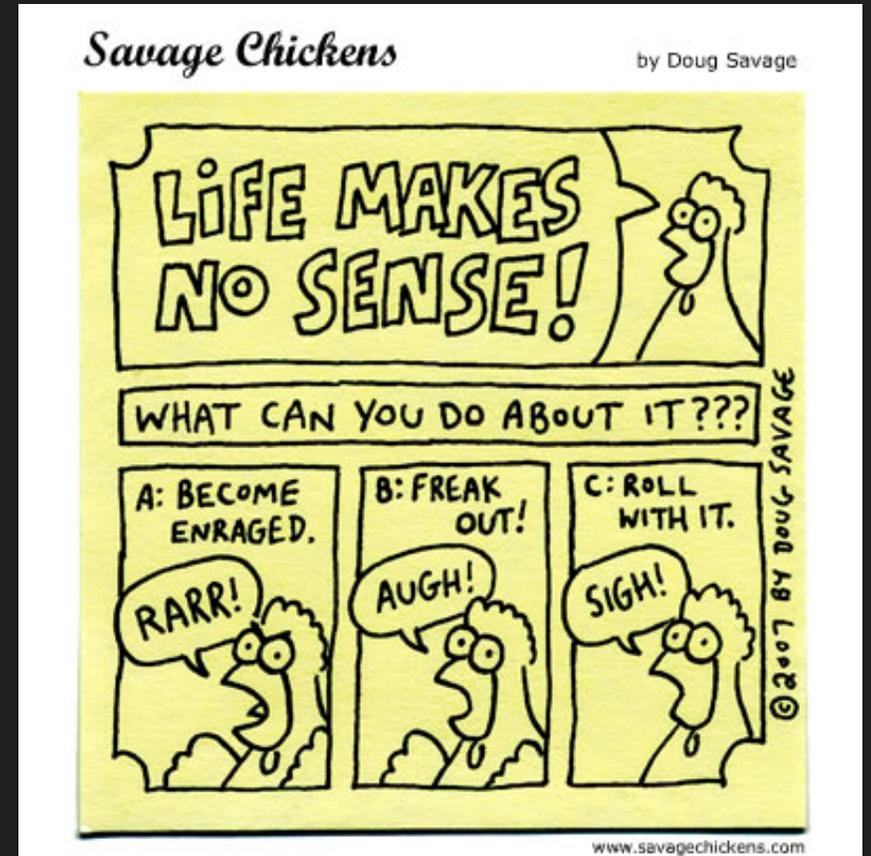
Emergencies Coming and Going

- Hurricane Safety Checklists.
<https://hurricanesafety.org/prepare/hurricane-safety-checklists/>
- A Go Bag Can Make All the Difference in an Emergency.
<https://www.aarp.org/health/healthy-living/info-2017/packing-your-emergency-preparedness-kit-fd.html>



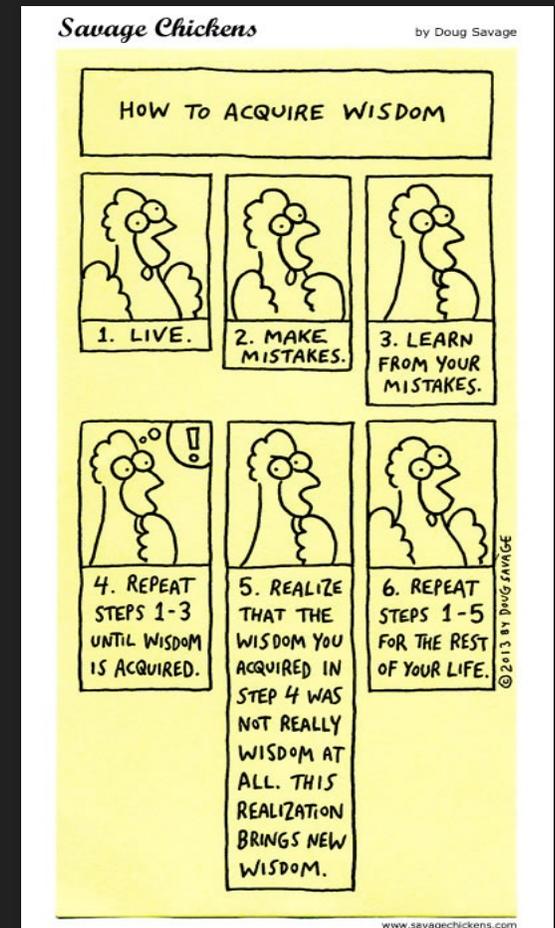
Attitude Is Everything

- The ability to adapt to changing circumstances while continuing to move forward is called resilience.
- Even if you are taking only little, baby steps toward your goal, you are indeed moving forward.
- Everything does not have to be accomplished at once. Steady movement forward toward the goal is all that matters.



Strengths Underpinning Resilience

- High frustration tolerance – The ability to endure challenging times without constantly complaining or lapsing into self-pity.
- Self-acceptance and self-belief.
- Humor.
- Keeping things in perspective.
- Emotional control.
- Ability to ask for and receive help.
- Curiosity.
- Problem-solving skills.
- Finding meaning in varied circumstances.



Welcome to the Rest of Your Life

- Mastering basic life skills allows you to create a stable base from which to pursue your goals and aspirations.
- Only you can decide the correct balance of stability and risk that is right for you and your life circumstances.
- Being an adult means taking responsibility for our choices.

