



NOVEMBER 2023

Disaster Discovery Center Monthly Bulletin

Developing a Growth Mindset

- View challenges & obstacles as opportunities
- Practice giving & receiving constructive criticism
- Encourage persistence
- Encourage failure as part of the learning process
- Cultivate a positive attitude
- Set SMART goals & track progress
- Stay in-tune with your purpose




GROWTH MINDSET

This month we want to encourage everyone to continue working on developing a growth mindset. Set SMART goals.

- S - Specific
- M - Measurable
- A - Achievable
- R - Relevant
- T - Time Bound

Develop a sense of positivity. Practice seeing the good around you. Find someone you trust to help keep you accountable.

FOOD STORAGE

People choose to do food storage many different ways - and that's great! The biggest thing to remember is to you store what you eat. Having food will not do you any good if it is food that you don't like or don't eat. Having extreme dietary changes in the middle of a crisis, is not going to help your stress levels either. The second thing is to practice using your food storage and use what you store to rotate it.

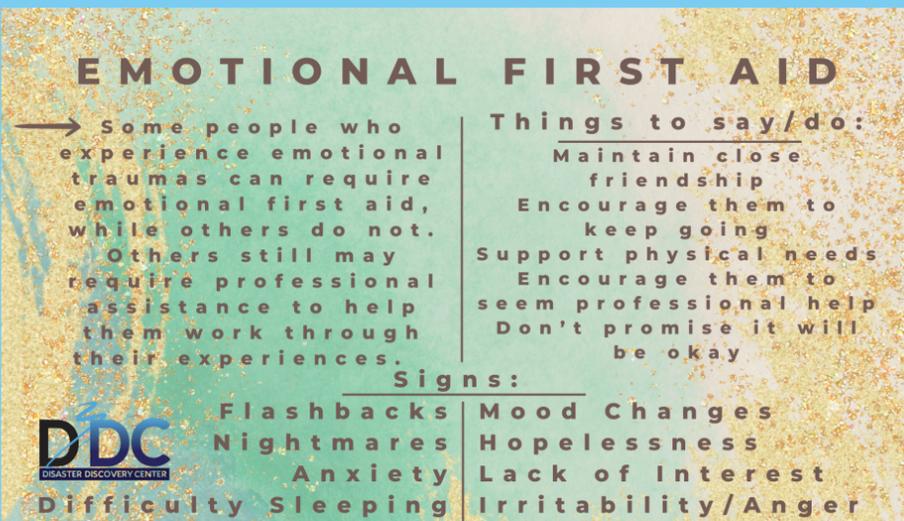


FOOD STORAGE

What should you store?

That depends! You should store food that your family eats. Wheat, beans and oats won't do you any good in an emergency if your family doesn't eat them or if you don't know how to cook with them. Aim for foods with longer shelf lives but cater to what your family will eat and things you are familiar with. If you want to branch out, practice using new items in your daily or weekly meal plans.

If you are just starting your food storage journey, try tracking what you already eat. See how much you use and calculate what more you would need to make it an extra week, an extra month, etc... Start small and grow from there.



EMOTIONAL FIRST AID

Some people who experience emotional traumas can require emotional first aid, while others do not. Others still may require professional assistance to help them work through their experiences.

Things to say/do:

- Maintain close friendship
- Encourage them to keep going
- Support physical needs
- Encourage them to seek professional help
- Don't promise it will be okay

Signs:

- Flashbacks
- Nightmares
- Anxiety
- Difficulty Sleeping
- Mood Changes
- Hopelessness
- Lack of Interest
- Irritability/Anger

Emotional first aid is just as important as physical first aid. During disasters, stress is high and people often experience traumatic things. This can have a profound effect on them. If you are experiencing these disasters too, you could be experiencing some of the same things. Make sure you keep track of your mental health and reach out when you need it. You can only help others when you are healthy yourself.

UPDATE ON THE BUILDING DESIGN

The building and exhibit design committee has been busy and has produced a great floor plan for the Disaster Discovery Center. We are currently working on the interior design phase. Stay tuned for more updates as they come!



"CHANCE FAVORS THE PREPARED MIND."

-BRADLEY LILLY



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