

Identifying & Navigating Disaster Fog™

YOU ARE NOT ALONE

The post-disaster sensation of mental clouding is common and temporary



Remember these three important steps:

1. Recognize The Fog

- You may experience memory lapses and difficulty recalling details or words
- Indecisiveness or pressure to quickly make major decisions
- Feeling fatigue, low energy, and/or lack of motivation
- Irritable mood and/or easily frustrated or upset

2. Address It

- Talk about what you are going through
- Learn your limitations within the fog
- Set reasonable expectations for yourself
- Remember you are not alone; utilize available resources within your community

3. Navigate Through

- Keep a disaster log with written records of all conversations and receipts for all purchases, repairs, and funds received
- Plan for the budget you have
- DON'T sign contracts you can't afford with the hope that more money will come later
- Know that fog doesn't last forever

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