

INTRODUCTION



You've been through a traumatic event. Whether it was an earthquake, a flood, a fire or a tsunami, the danger is past. But in your mind, you may still see the event clearly – and feel the fear and anxiety it caused.

These feelings are normal. They're a natural reaction to a traumatic event. The key is to remember that you have survived. These feelings will diminish and for most people, completely disappear. It will take time, and you may need help, but you will put the natural disaster behind you.

Meanwhile, there are so many things to do. Recover lost documents, salvage furniture and appliances... begin cleanup... Where do you start?

That's where this booklet can help. It takes you, one step at a time, through the many tasks you need to do in order to put your life back in order. And it helps you keep track of the progress you are making as you move through the steps.

As you work through this booklet, check off each task as it is completed. Skip items that don't apply to your situation.

Now take a deep breath – and get started.

