

The Church of Jesus Christ of Latter-day Saints

Kansas City Missouri Stake
850 SE Church Road
Lee's Summit, MO 64063

Stake Self-Reliance & Emergency Preparedness

Monthly Newsletter



Managing Stress & Anxiety

Emotional Resilience
Chapter 4—Managing Stress and Anxiety
Lesson 4—Accessing Godly Power

ACTIVITY (10 minutes)

Step 1: On your own, read the following ways to manage stress and anxiety. Circle the ideas you may want to try.

1. **Talk with God.** Know that He understands. Imagine Him sitting close to you, listening and offering support.
2. **Ponder.** Reflect on times you've felt blessed by the Lord and seen His hand and mercy in your life. "Be still, and know that I am God" (Psalm 46:10).
3. **Look at your expectations.** Sometimes our greatest worries and stress come when life doesn't turn out the way we hoped or planned. We can learn from our stressful experiences. "All these things shall give thee experience and shall be for thy good. . . . Therefore, hold on thy way" (Doctrine and Covenants 122:7, 9).
4. **Take a short break.** Take several slow, deep breaths, stretch, and relax physically. When your body and mind are calm again, you will be able to think more clearly. Take a walk, get some food or a drink, or just sit and think for a few minutes.
5. **Be aware of when you're stressed.** Sometimes you may not realize you're stressed. You may experience difficulty sleeping, get angry easily, feel depressed, or have low energy. Check in with yourself at least once a day to see how you are doing.
6. **Focus on gratitude.** Notice what is around you. Focus for a few minutes on what is right, good, and positive about yourself and the world. Start a gratitude journal, and write at least five specific things you are grateful for each day.
7. **Be active.** We have been given a body and a world to enjoy. Make a plan to use your body to get out and enjoy these gifts. Even a few minutes of walking can help boost your mood and reduce stress.
8. **Limit technology use.** Using social media, computers, and TVs, especially at the start and end of the day, can increase feelings of anxiety or stress. Try starting and ending your day without phones or computers. Go a day or week without social media or TV and see how you feel.
9. **Be kind to yourself.** Talk to yourself with the same kind, comforting words you would use with a loved one. Thoughts of helplessness, hopelessness, or harsh condemnation are not from God and cause more stress and anxiety.

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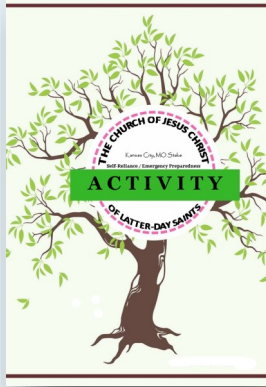


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Spiritual Insights

- Preparation, both spiritual and temporal, can dispel fear
- "...if ye are prepared ye shall not fear" (Doctrine and Covenants 38:30).
- "The need for preparation is abundantly clear. The great blessing of being prepared gives us freedom from fear" (Elder L. Tom Perry)



ACTIVITY

- * **(From page 1):**
Read the ways to manage stress / anxiety on page 1 and 2, and circle ideas you may want to try
- * **(STEP 2):**
individually write a few of the ideas to reduce stress and anxiety that you want to try in the table to the right. Make a plan for when and how you will use the technique.

10. Help someone else. Refocus your energy by serving someone else. Our ultimate goal is to love others like Christ did, even when we are struggling. Christ gave us an example of this love when He forgave His persecutors and made sure His mother would be cared for even as He suffered on the cross. As hard as it can be, we can get better perspective on our lives when we stop and think of others and look for ways to help.

11. Try a relaxing activity. Everyone relaxes in different ways. Maybe you enjoy painting, listening to music, reading a book, or being outside. When you are stressed or anxious, take time to remember what brings you joy and calms you. Make time to do those things, even if you think you are too busy.

12. Stay connected with friends and family. Being with those who love and support you can help reduce stress. You were made for connection. There is no shame in sharing what you're going through. Help your friends and family understand what you are experiencing.

13. Take it one step at a time. You can ask yourself, "What is the most important thing I can be doing right now?" Your answer might be something like "All I need to do right now is wait for my bus" or "All I have to do right now is clean the dishes." Decide what must get done now and what can wait. Learn to not feel guilty for saying "no" to something that can wait.

14. Practice mindfulness. Use these types of exercises to practice being present. Find ways to remind yourself to be more present throughout the day.

Step 2: In the table below, individually write a few of the ideas to reduce stress and anxiety that you want to try. Make a plan for when and how you will use the technique.

WAYS TO REDUCE STRESS & ANXIETY	WHEN & HOW
Example <i>Take a short Break</i>	<i>I will set a reminder on my phone to take 5-minute breaks at lunchtime & before returning home from work</i>



Providing in the Lord's Way

“Like two sides of a coin, the temporal and spiritual are inseparable. The Giver of all life has proclaimed, ‘All things unto me are spiritual, and not at any time have I given unto you a law which was temporal.’ . . . Unfortunately, there are those who overlook the temporal because they consider it less important. They treasure the spiritual while minimizing the temporal.”

Dieter F. Uchtdorf
 “Providing in the Lord’s
 Way” General Conference
 October 2011

Emergency Preparedness—Lesson #7

72-Hour Kits

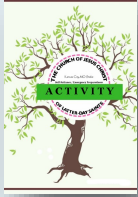
Discuss: A train derailment has caused a toxic chemical cloud to form around the train tracks. Weather patterns are shifting and local authorities have ordered an evacuation. You have 2 minutes to evacuate and have no idea of when you will be allowed to return. What do you take with you?

Read: “Like two sides of a coin, the temporal and spiritual are inseparable. The Giver of all life has proclaimed, “All things unto me are spiritual, and not at any time have I given unto you a law which was temporal.” . . . Unfortunately, there are those who overlook the temporal because they consider it less important. They treasure the spiritual while minimizing the temporal.”
 Dieter F. Uchtdorf “Providing in the Lord’s Way” General Conference October 2011

Discuss: How is being physically prepared for an emergency also being spiritually prepared? Is it possible to be spiritually prepared and not physically prepared?

Read: There are many types of disasters and emergencies. Many emergencies don’t allow time for people to assemble even the most basic items. In many cases, a 72 hour kit could mean the difference between life and death. It is estimated that after a major disaster, it will take up to three days, or sometimes longer, for relief workers to reach some areas. If you live in a disaster prone area a 72-hour kit is the minimum you should have available. Plan your 72 hour kit according to your family’s size, age and health. A 72-hour kit should have enough food, water, hygiene, and emergency supplies to see you through a 72 hour period. Each kit should be fully transportable and kept together constantly. Do not depend on a list of piecemeal materials that will be collected quickly. Dedicate packaging and a location to your emergency kits. They should be easily accessible and kept in cool, dry places when possible. Remember to cycle and update items (especially food and water) every 6 months. It is recommended that you keep multiple emergency kits stocked and ready; one for your home, one for your car, and one for your workplace. That way, no matter where you are, you will have one readily available should an unexpected incident arise.

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ACTIVITY 1

Answer the following questions and discuss new

questions as they arise with your spouse and/or group members:

- Have you ever faced an emergency you were prepared for? What emergencies have you faced that you were NOT prepared for? Which of these two options would you rather face?
- Do you already have a 72-hour kit? If so, when did you last go through it and assure it is up to date?
- Is there anything more you need to get or add to the kit?
- If you have your kit and know it is up-to-date share your story on how you got your kit and things you included in it with the others in the group and help them answer the following questions. Be prepared to share knowledge and information with the group as they begin their 72-hour kits.
- If you haven't started a 72-hour kit use this time to ask basic questions and start to make a plan to assemble your 72-hour kit. This is something that could take from a few days to a few weeks or longer. Making a plan will help you get started.

ACTIVITY 1 (see sidebar)

Additional Questions:

- What is going to happen after 72 hours? Are you going back to life as it was or will things be forever changed? Will how you answer this make a difference in what you include in your kit?
- What types of things will you need for your family to stay alive for 72 hours in an emergency? (see list of basic items in resource section)
- How many of these things do you already have on hand? Could they be assembled together in one spot?
- Do you know what is the most important thing for you to include in your kit? The second most important thing? Are you making these a priority in your planning?
- Have you thought about how you will transport these items? Using a car may or may not be an option in an emergency, do you have another way to transport them? Having to carry things in a backpack or other type of bag may limit what you are able to take, is there a way to consolidate your items or eliminate unnecessary items?
- Do you have any special needs in your family? An infant, disabled or elderly family member? What special considerations will they need to evacuate?
- Are there medicines that are vital for yourself or family members to have available? How will you include them in your kit?
- Sanitation and disease are often major problems in emergencies. Are you taking steps to make sure you have access to soap and clean water and a way to dispose of trash and human waste? Can you take care of minor first-aid problems so they don't become life-threatening?
- Important documents may help you speed up your recovery from emergencies. Do you have copies of documents and a list of important numbers (bank accounts, phone numbers, etc.) included in your kit? (See Emergency Preparation Plan – Lesson 3)

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MY COMMITMENTS

- ① I will work to create a list of items needed in a 72-Hour kit. I will create a plan to start adding things I need but don't already have.
- ② I will start my 72-Hour Kit this week by gathering what items I already have and store them together.

RESOURCES

Recommended items to include in a basic emergency supply kit:

(This is provided as a reference only. There are many other lists available on the internet. Ultimately, only you can decide what is necessary for your family and what can be left off your list.)

- Tent or materials to construct a basic shelter
- Water, one gallon of water per person per day for at least three days, for drinking and sanitation

WATER AND SHELTER ARE YOUR TWO MOST IMPORTANT ITEMS. DON'T OVERLOOK THEM

- Food, at least a three-day supply of non-perishable, ready-to-eat food (plan to bring extra water if food is dehydrated)
- Flashlight for each family member and enough batteries for them to run continuously for 72-hours
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air
- Moist towelettes and/or toilet paper, garbage bags and plastic ties for personal sanitation



- Wrench or pliers to turn off utilities
- Non-Electric can opener for food (if kit contains canned food)
- Local maps
- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash and change
- Emergency reference material such as a first aid book or information
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
 - Complete change of clothing including a long-sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels

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- Camp stove or fire-starting method to heat water or cook food
- Paper and pencil
- Books, games, puzzles or other activities for children. If possible include a 'treat' or two. These can go a long way to sooth frazzled nerves or calm people down.
- Basic tools, such as pliers, wrenches, hammer, duct tape, screw driver
- Rope or paracord
- Heavy-duty tarp or plastic sheeting (the heavier the better)
- Rain gear
- Coats or jackets
- Variety of knives i.e., pocket knife, hunting knife, something to cut rope or tree branches if necessary
- Copies of important documents such as birth certificates, driver's licenses, insurance papers, etc.
- A few pieces of paper and pencil/pen to write notes or leave information behind if you have to move on.
- Light sticks
- Extra garbage bags can be used in a variety of ways for personal shelter, covering items or being part of an emergency toilet
- Soap, hand lotion, Chapstick, Vaseline, razor, shampoo and conditioner
- Rubber kitchen gloves, leather gloves
- Cell phone and additional batteries should cell phone service be available.



Many times phone calls cannot be made, but texts will go through.

- Backpack, bucket with handle for carrying, camp box, etc. How will you store all this and leave with it.

Additional Notes

1. Your kit should be placed in portable containers located near an exit of your house. This is so you can grab them on your way out of the house in a serious emergency. Do not overload your kit – you may have to carry it long distances to reach safety or shelter.

2. Each family member should have their own kit with food, clothing and water. Distribute heavy items between kits. Even small children can carry backpacks with a few items in them.

3. Enclose the extra clothing, matches, personal documents, and other items damageable by smoke or water in plastic to protect them. If it's raining when you have to evacuate,

you will appreciate the dry clothes.

4. Keep a small flashlight source in the top of your kit, so you can find it quickly in the dark.

5. Personalize your kit. Make sure you fill the needs of each family member.

6. Inspect your kit at least twice a year. Rotate food and water. Check children's clothing for proper fit. Adjust clothing for winter or summer needs. Check expiration dates on batteries, light sticks, warm packs, food and water.

7. Identify an out of state contact person so family and friends can communicate with you during an emergency.

8. Plan for a meeting place if you cannot meet at home

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EMERGENCY PREPAREDNESS



MAKE A PLAN



BUILD A KIT



BE INFORMED

MY COMMITMENTS

1. I will work to create a list of items needed in a 72-Hour kit. I will create a plan to start adding things I need but don't already have.
2. I will start my 72-Hour Kit this week by gathering what items I already have and store them together.

9. Discuss what children should do if at school (Many schools will not release students if there is a civil emergency)

10. Coordinate with neighbors for pick-up if children attend the same school

11. Designate a surrogate parent for your children if you are not able to tend to them

12. Provide all of this information to your child's school

13. Keep a list of items in your kit in a handy location inside the kit so you can easily check your inventory. Update the list as you add items. It is also helpful for parents to have a list of items in their children's packs as well.

14. Learn how to locate and shut-off (if necessary) power, water, and gas.

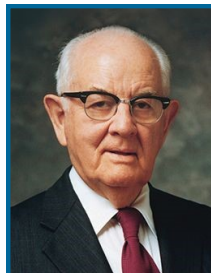
15. Use the RULE OF THREE: You can only live 3 minutes without air, 3 hours without shelter in extreme weather conditions, 3 days without water and 3 weeks without food

16. If you need to carry your kit ounces = pounds and pounds = pain. Think long and hard – "Do I really need this?"

17. Instead of having three things that can only do one thing each, try to have things that can serve multi-uses. i.e. a rain poncho can also provide shade, shelter or ground cover

18. Be sure to include something that will 'keep you human'. i.e. a family photograph, hard candy

~Emergency Preparedness : Lesson #7—72-Hour Kits



"Preparedness, when properly pursued, is a way of life. Not a sudden, spectacular program."

*Teachings of Presidents of the Church: Spencer W. Kimball
Chapter 11: Provident Living: Applying Principles of Self-Reliance and Preparedness*

12 Principles of Self-Reliance

The Lord has declared, “It is my purpose to provide for my saints” (D&C 104:15). This revelation is a promise that the Lord will provide temporal blessings and open the door of self-reliance. He has also declared that “it must needs be done in [His] way” (D&C 104:16). To receive the blessings of self-reliance, we must accept and live the principles of self-reliance, which include the following:

- Exercise Faith in Jesus Christ (D&C 104:15)
- Use Time Wisely (Alma 34:32)
- Be Obedient (D&C 130:20–21)
- Manage Money (D&C 104:78)
- Work: Take Responsibility (D&C 42:42; 2 Nephi 2:16, 26)
- Solve Problems (Ether 2:18–19, 23; 3:1, 4)
- Become One, Work Together (Moses 7:18; D&C 104:15–17)
- Communicate: Petition and Listen (D&C 8:2)
- Persevere (Hebrews 12:1; D&C 58:4)
- Show Integrity (Mosiah 4:28; Job 27:5; Articles of Faith 1:13)
- Seek Learning and Education (D&C 88:118–119)
- Stay On Task, Receive Ordinances (D&C 84:20; D&C 136:4; 1 Nephi 18:2–3)

Self-Reliance Services

What is Self-Reliance?

“Self-reliance is the ability, commitment, and effort to provide the spiritual and temporal necessities of life for self and family” (Handbook 2: Administering the Church[2010], 6.1.1).

President Thomas S. Monson has counseled, “[Self-reliance] is an essential element in our spiritual as well as our temporal well-being.” (“Guiding Principles of Personal and Family Welfare,” Ensign, Sept. 1986, 3)

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