

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 1—What are Stress and Anxiety?

WHAT ARE STRESS AND ANXIETY?

Stress and anxiety are normal parts of life. These words describe ways the brain and body respond to any demand, such as a problem at work, a test at school, or an important decision. Normal amounts of stress and anxiety can help you focus, reach your goals, and protect your body. For example, if you have some stress about your job, you will likely come to work prepared and focused on your tasks.

Stress and anxiety help keep you alive, but feeling stress and anxiety too often or for too long can cause significant problems and lead to mental illness. If you are dealing with too much stress and anxiety, you might get sick often, have headaches, feel angry, have drastic changes in your appetite, or experience a lack of focus.

You may start to feel overwhelmed by your job, or you may not want to go to work because you fear something bad will happen or that you will not be good enough. These are signs that you are feeling distress or debilitating levels of stress and anxiety.

UNDERSTANDING LEVELS OF STRESS

Like gauges on a car’s dashboard that remind you to slow down, get gas, or check the engine, symptoms of stress are signals to remind you to slow down, fill up your spiritual “tank,” and look for new solutions. As you work to manage your stress effectively, it may help to categorize stress into four different levels. (See the chart below.)

ACTIVITY (5 minutes)

Step 1

On your own, read through the four levels of stress on the next page. You will likely experience different levels of stress at different times. You may feel like you are at an orange level today and a green level tomorrow. Becoming more emotionally resilient will help you experience a green level of stress more often. Mark the level that best describes how you feel right now.

(continued on next page...)

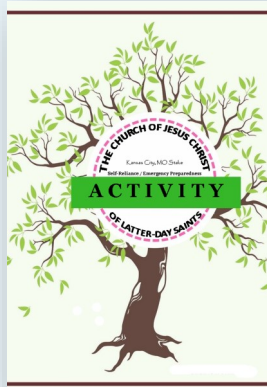


Inside this issue

Stress & Anxiety.....1-2
 Stress/Anxiety Activities1-2
 EP Lesson 83-7
 EP Activity 1& 2.....4
 EP Activity 3.....5
 EP Activity 4.....6
 Principles of Self-Reliance.....8

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

- * **STEP 1:** Read through the four levels of stress. You will likely experience different levels of stress at different times. You may feel like you are at an orange level today and a green level tomorrow. Becoming more emotionally resilient will help you experience a green level of stress more often. Mark the level that best describes how you feel right now.
- * **STEP 2:** Think of the times when your stress level was at the green level. What helped you to feel that way?

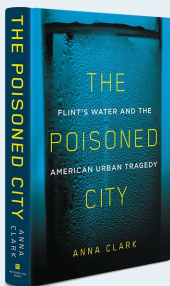
STRESS LEVELS		
	If You Feel . . .	What to Do
Green	Confident Content Ready to meet challenges Able to get along with others Able to feel the Spirit easily	This is the level people desire to be in, but it is normal to fluctuate. Keep going. In the green level, you are handling the everyday stresses of family, work, learning, and progressing in a healthy way.
Yellow	Tense Concerned Worried Insecure Difficulty connecting with others Distracted from feeling the Spirit	It is normal to spend some time at the yellow level. Be kind to yourself as you cope with the challenges of life. Participate in relaxing activities, such as the ones suggested last month, to help increase your ability to manage stress.
Orange	Exhausted (physically and emotionally) Overwhelmed Ill (for example, an upset stomach) Easily angered Deeply discouraged Difficulty feeling the Spirit	No one enjoys being at the orange level of stress, but this doesn't have to be permanent. Engage in relaxing activities, and remember good experiences. If you stay at the orange level for more than a few days or feel overwhelmed, ask for help.
Red	Constantly overwhelmed Isolated from others Hopeless Difficulty eating or sleeping normally Unable to continue Like you have been abandoned by God	If you are at this level, ask for help. If you are able to, consider taking a break or doing something that helps you emotionally until you can meet with a health care professional.

STEP 2

Think of the times when your stress level was at the green level. What helped you to feel that way?

Those who find it hard to handle day-to-day life may have a health issue. An emergency may cause you to suddenly move to an orange or red stress level. People should seek professional help right away if they feel they cannot cope or are using harmful substances. Those who have thoughts of suicide should go to the nearest hospital emergency room and reach out to family, a friend, or their bishop or other Church leader. See suicide.ChurchofJesusChrist.org for help lines and resources. Anyone can call the National Suicide Prevention Line at 1-800-273-8255.

~Managing Stress & Anxiety



Book excerpt “The Poisoned City” by Anna Clark

“On a hot day in the summer of 2014, . . . water rushed out of a couple of fire hydrants. Puddles

formed on the dry grass and splashed the skin of the delighted kids who ran through it. But the spray looked strange. “The water was coming out, dark as coffee, for hours,” McCathern remembered. The shock of it caught in his throat. “Something is wrong here.”

Something had been wrong for months. . .many [residents] grew alarmed at the water that flowed from their kitchen faucets and shower heads. They packed public meetings, wrote questioning letters, and protested at city hall. They filled clear plastic bottles from their taps to show how the water looked brown, or orange, and sometimes had particulates floating in it. Showering seemed to be connected with skin rashes and hair loss. The water smelled foul. A sip of it put the taste of a cold metal coin on your tongue.

But the authorities “said everything was all right and you could drink it, so people did,” Residents were advised to run their faucets for a few minutes before using the water to get a clean flow. . .

Public water systems are one of this country’s most heroic accomplishments, a feat so successful that it is almost invisible. By making it commonplace for clean water to be delivered to homes, businesses, and schools, we have saved untold lives from what today sound like antiquated diseases in a Charles Dickens novel: cholera, dysentery, typhoid fever. “

Emergency Preparedness

Lesson #8

Water Storage

And in the barren deserts there shall come forth pools of living water; and the parched ground shall no longer be a thirsty land.” Doctrine and Covenants 133: 29

When was the last time you questioned the safety of your water supply? Have you ever been under a boil water order? Do you even know what that is and how to boil water for safe consumption? What if the water in your area is suddenly unavailable and you have only what is currently in your home? How long could you last? Do you know the difference between Potable and Non-Potable water?

Water Storage

In an emergency, water and shelter are your two most critical items to secure. Fortunately, water is relatively cheap and easy to store. You just have to commit to doing it.

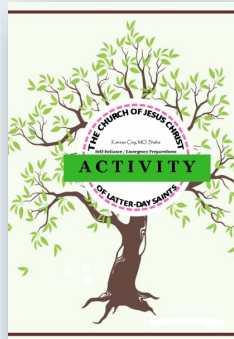
How much do I need?

Store at least one gallon of water per person per day for three days, for drinking and sanitation. A normally active person needs about three quarters of a gallon of fluid daily, from water and other beverages. However, individual needs vary, depending on age, health, physical condition, activity, diet and climate.

Take the following into account:

- Children, nursing mothers and sick people may need more water.
- A medical emergency might require additional water.
- If you live in a warm weather climate more water may be necessary. In hot temperatures, water needs can double.

(continued on next page...)



ACTIVITY 1

- Calculate how much water your family will need for three days (or 72-hours), keeping in mind the needs of young children, nursing mothers or elderly family members.
- Write that amount here:

- Now, take a moment to jot down a location or two in your home where you can store water. The water can be in bottles, jugs or buckets – whatever works for you. Corners of closets, under beds, in pantries are all possible locations. What other locations can you find? HINT: In an emergency it might be wise to have some water stored in different locations of your home, in case one part is damaged or can't be accessed.
- What happens if your water supply becomes damaged or lost in an emergency? Do you know how to find alternative sources of water .

Finding emergency water sources

Alternative sources of clean water can be found inside and outside the home. **DO NOT DRINK** water that has an unusual odor or color, or that you know or suspect might be contaminated with fuel or toxic chemicals; use a different source of water.

The following are possible sources of water:

- Water from your home's water heater tank (part of your drinking water system, not your home heating system)
- Melted ice cubes made with water that was not contaminated
- Water from your home's toilet tank (not from the bowl), if it is clear and has not been chemically treated with toilet cleaners such as those that change the color of the water
- Liquid from canned fruit and vegetables
- Water from swimming pools and spas that hasn't been contaminated with flood or storm water can be used for personal hygiene, cleaning, and related uses, but not for drinking.

(continued on next page...)



ACTIVITY 2: Take a moment to jot down what emergency water from the sources listed above that you currently have in your home. Are there other water sources in your home as well?

Write them here:

Outside the home

Flood waters can contaminate well water and rivers, streams, and lakes with livestock waste, human sewage, chemicals, and other contaminants which can lead to illness when used for drinking, bathing, and other hygiene activities.

Water from sources outside the home must be treated because it could be contaminated with livestock waste or human sewage. If you suspect or know the water is contaminated with toxic chemicals or fuels, it cannot be made safe and you should not drink or bathe in this water.

Possible sources of water that could be made safe by treatment include:

- Rainwater
- Streams, rivers, and other moving bodies of water
- Ponds and lakes
- Natural springs

Note: DO NOT USE water that has been contaminated by fuel or toxic chemicals.

Unsafe water sources

Never use water from the following sources:

- Radiators
- Hot water boilers (part of your home heating system)
- Water beds (fungicides added to the water and/or chemicals in the vinyl may make water unsafe for use)

Water Purification

If you have used all of your stored water and there are no other reliable clean water

sources, it may become necessary to treat suspicious water. Treat all water of uncertain quality before using it for drinking, food washing or preparation, washing dishes, brushing teeth or making ice. In addition to having a bad odor and taste, contaminated water can contain microorganisms (germs) that cause diseases such as dysentery, cholera, typhoid and hepatitis.

There are many ways to treat water. Often the best solution is a combination of methods. Before treating, let any suspended particles settle to the bottom or strain them through coffee filters or layers of clean cloth.

Some methods of treating water are as follows:

Boiling

Boiling is the safest method of treating water. In a large pot or kettle, bring water to a rolling boil for one full minute, keeping in mind that some water will evaporate. Let the water cool before drinking.

Boiled water will taste better if you put oxygen back into it by pouring the

water back and forth between two clean containers. This also will improve the taste of stored water.

Bleach

You can use household liquid bleach to kill microorganisms. Use only regular household liquid bleach that contains 5.25 to 6.0 percent sodium hypochlorite. Do not use scented bleaches, color safe bleaches or bleaches with added cleaners.

Add 16 drops (1/8 teaspoon) of bleach per

(continued on next page...)



ACTIVITY 3: Do you know the location of your nearest water source outside your home? Make a note of it here or assign yourself the task of locating one this week.

gallon of water, stir and let stand for 30 minutes. The water should have a slight bleach odor. If it doesn't, then repeat the dosage and let stand another 15 minutes. If it still does not smell of chlorine, discard it and find another source of water.

Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 or 6.0 percent sodium hypochlorite as the only active ingredient, are not recommended and should not be used.

Distillation

While boiling and chlorination will kill most microbes in water, distillation will remove microbes (germs) that resist these methods, as well as heavy metals, salts, and most other chemicals. Distillation involves boiling water and then collection of only the vapor that condenses. The condensed vapor will not include salt or most other impurities.

To distill, fill a pot halfway with water. Tie a cup to the handle on the pot's lid so that the cup will hang right-side-up when the lid is upside-down (make sure the cup is not dangling into the water) and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.

Long-Term Water Storage

Purchasing containers of water that are pre-filled and sealed will ensure the longest lasting quality fresh water. However, this can be a bulky and expensive endeavor.

To prepare your own containers of water, purchase food grade water storage containers. Before filling with chlorinated water, thoroughly clean the containers with dishwashing soap and sanitize the bottles by

cleaning with a solution of 1 teaspoon of non-scented liquid household chlorine bleach to a quart of water. Water that has not been commercially bottled should be replaced every six months.

HINT: The use of milk containers is discouraged for long-term water storage. The plastic becomes brittle and unstable after time.

Filtration capabilities

To treat water for consumption and/or hygiene, follow these steps:

1. Filter the water using a piece of cloth or coffee filter to remove solid particles.
2. Bring it to a rolling boil for about one full minute.

3. Let it cool at least 30 minutes. Water must be cool or the chlorine treatment described below will be useless.

4. Add 16 drops of liquid chlorine bleach per gallon of water, or 8 drops per 2-liter bottle

of water. Stir to mix. Sodium hypochlorite of the concentration of 5.25% to 6% should be the only active ingredient in the bleach. There should not be any added soap or fragrances. A major bleach manufacturer has also added Sodium Hydroxide as an active ingredient, which they state does not pose a health risk for water treatment.

5. Let stand 30 minutes.

If it smells of chlorine. You can use it. If it does not smell of chlorine, add 16 more drops of chlorine bleach per gallon of water (or 8 drops per 2-liter bottle of water), let stand 30 minutes, and smell it again. If it smells of chlorine, you can use it. If it does

(continued on next page...)



ACTIVITY 4: Choose one of the water treatment methods discussed in this article (**boiling, bleach, distillation**) and practice this week at home.

not smell of chlorine, discard it and find another source of water.

For more information go to [ready.gov](https://www.ready.gov)

Water bottles with filters (Life Straws, etc.)

There are many commercial products available that allow you to drink directly from a water source, that filters the water before you ingest it. Each filter is capable of purifying several hundred gallons of water before needing a change. Camping and outdoor stores carry many varieties and prices range between \$20 - \$30 each. The Church's Home Storage Centers carry a Water Bottle with Filter for \$15. Having one of these for each member of your family can be a great resource.

PONDER & DISCUSS

"Catastrophes come to people sometimes when least expected – unemployment, sickness, and things of that kind." (Gordon B Hinckley, Teachings of the Presidents of the Church, p 195.)

What are the circumstances that could come into your life that would prompt you to have a need to use your food and water storage?

Individually think about what you have learned today and consider what the Lord would have you do. Read the quote below and write responses to the questions.

Elder Joseph B. Wirthlin April 1995 General Conference *Living Waters to Quench Spiritual Thirst* :

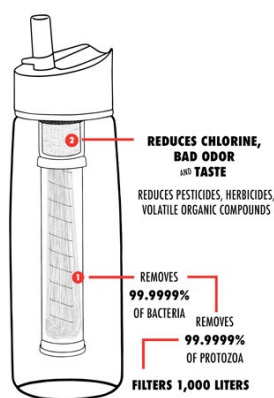
". . .These latter days are a time of great spiritual thirst. . . They crave a cool, satisfying drink of insight and knowledge that will soothe their parched souls. . . The Lord provides the living water that can quench the burning thirst of those whose lives are parched by a drought of truth. . . As

at Jacob's well, so today the Lord Jesus Christ is the only source of living water. [He] will quench the thirst of those suffering from the drought of divine truth that so afflicts the world. . . Too many of our Heavenly Father's children spend their precious lives carving out broken cisterns of worldly gain that cannot hold the living water that satisfies fully their natural thirst for everlasting truth."

QUESTIONS

Christ warns us to not forsake our need to quench our spiritual thirst through daily scripture study and prayer.

- How well can we expect to get along if we ignore these things?
- How well can we expect to get along without a daily source of clean water?
- What are the most meaningful things I learned today?
- What will I do as a result of what I learned today?



MY COMMITMENTS

- ① I will start my water storage this week by either purchasing some water, storing it in containers I already own or locating where it might be safely stored in my home.
- ② I will practice a water purification technique this week at home; Either boiling, distilling or filtering unsafe water.

RESOURCES:

<https://www.cdc.gov/disasters/foodwater/facts.html>

<https://www.ready.gov/preparing-your-own-containers-water>

<https://www.ready.gov/water>

~Emergency Preparedness: Lesson #8—Water Storage

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)

Kansas City Stake Self-Reliance Committee Members

President Martin Cooper

Brother Bryant Staples

Sister Michelle Truman

Brother Jason Bowne

Sister Tammi Iba

Sister Karen O’Riley

Brother Brent Ellibee

Brother Arlen Tanner

Brother Lee Lacy

Sister Patty Tanner

Brother Van Celaya II

