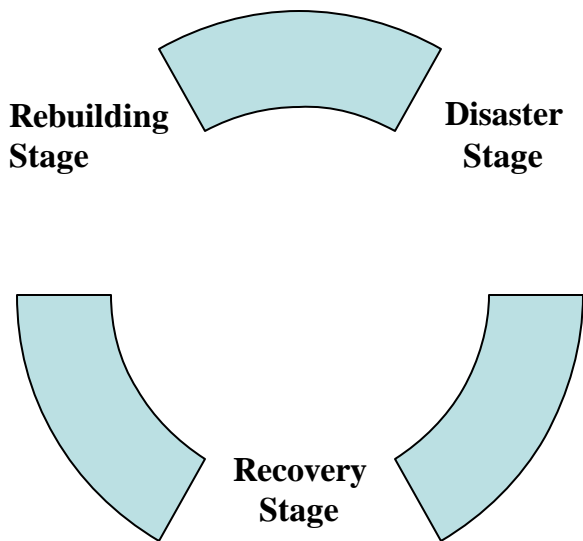


# 3 Stages of Storm Stress



## 1. Disaster Phase: *(hours to days)*

- Storm level- *any critical incident/life threatening situation (man-made/natural)*
- Safety level- *primary focus is on life-preservation, (for yourself & others)*
- Survival level- *dealing with basic needs, (water, food, medical, safe housing)*

## 2. Recovery Phase: *(days to weeks)*

- Stressed level- *managing emotional pressure & psychological storm surge*
- Support level- *researching & gathering available resources & relationships*
- Structure level- *beginning of normal life patterns, routines & schedules*

## 3. Rebuilding Phase: *(months to years)*

- Stability level- *stair-step process of disciplined choices to achieve life balance*
- Security level- *life is balanced, (physical-emotional-spiritual-relational-financial)*
- Strength level- *life is stronger because of walking through the storm*

To learn more about the process of Storm Stress Recovery, go to [www.stormstress.com](http://www.stormstress.com)