

EXPERIENCING DISASTER FOG?

DISASTER FOG

A normal part
of the **AFTERMATH**

RECOGNIZE the SIGNS

YOU MAY
HAVE TROUBLE WITH:

memory

decision-
making

fatigue

irritability

ADDRESS IT

TALK ABOUT
what you're
going through



Set reasonable
EXPECTATIONS



YOU'RE NOT ALONE!
Use community
resources

NAVIGATE IT

Keep a **DISASTER LOG**



Don't sign
CONTRACTS
you can't
AFFORD



Communicate
via
email &
Voicemail



It doesn't last
FOREVER!

>> IDENTIFY << DISASTER 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.

>> ADDRESS << DISASTER FOG™



Talk about what you are going through with others.



Learn what your limitations are within the fog.



Set reasonable expectations for yourself.



Remember, you are not alone.
Utilize available resources within your community.

>> NAVIGATE << DISASTER FOG™



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.

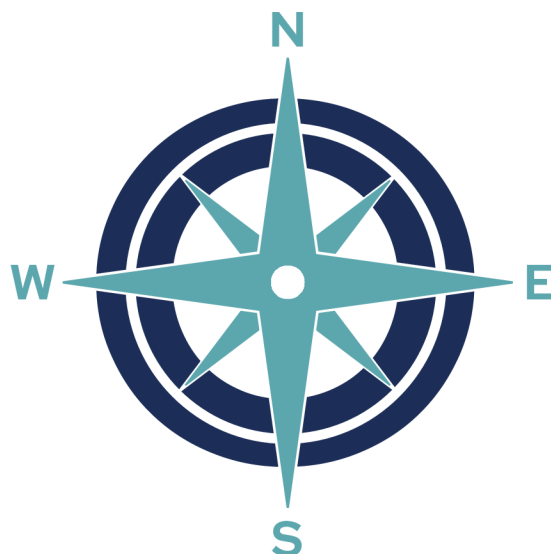


DON'T sign contracts you can't afford with the hope that more money will come later.



Know that Disaster Fog™ doesn't last forever.

CMPASS 82



FAST-TRACKING DISASTER RECOVERY

**Providing Personalized,
Step-by-Step Guidance
for a Brighter Tomorrow**