

## Ways to Help You Cope Emotionally with survival by Joseph Parish

Let's face it; nothing can really prepare us for an actual survival situation. There are simply too many variables involved and the always present danger lurks deep in our minds. With the thought of having to survive in the wild on our own brings forth a flood of emotions such as shock, anger, disbelief, depression, fear, hopelessness and denial. But try as we may the fact remains that the situation is real and must therefore be dealt with accordingly.

Initially it may be difficult for many of us to comprehend that the enemy has attacked our homeland or the weather has progressed to such a frantic nature that our very survival is threatened but it is real and now. We have to deal with the reality of it sometime even if you feel that everything is happening simply too fast for you to comprehend or you sense you may be losing control of yourself. Think of it this way as it represents a troubled time for not just you but for the whole family.

Disbelief and shock are usually the initial reaction to emergency situations because often people feel that it won't happen here or it can't happen to us. You may sit in a corner and hold your head wondering, "How this could be happening to us? Some people will actually deny that it is happening at all and refuse to accept the event as reality. They will come up with all sorts of imaginary scenarios that account for what is happening to them except the truth. If these people persist in the denials of the reality of the situation it will eventually interfere drastically with their ability to safely survival.

Fear is always present during any sort of emergency and this emotion of fear is sure to be conveyed to other members of the household. Most people who find themselves in situations such as that generally are afraid of what may lie ahead. They usually fear for the safety of their families. And foremost in mind is the fear of dying. They may feel there is nothing they can do to correct the situation and feel hopeless about their current condition. The truth of the matter is that if they are properly prepared for the situation and they have learned all the survival skills that they can then they have an excellent chance of bringing their family through the crisis safely.

It goes without saying that all these feelings and negative reactions are nothing short of normal and they are totally understandable. However, it is extremely important that they recognize and properly cope with all of these feelings since negative emotions will only be detrimental to their survival efforts. Stress and anxiety will lead to poor judgment and possible fatal mistakes when dealing with the unknown. During times of emergency family and friends are your best tools for surviving the situation. Common bonds can pull you and your family through the crisis and you're your world will be on some sort of level ground. Make good use of your training and use proper judgment in all you do.