

Prep Blog Review: Coping with Disaster

Basically, daily crises often give us headaches. Things go worse when a real catastrophe strikes, and everything around starts crumbling down. That's the very moment when your survival depends on decisions you make in seconds. How would you keep your mind clear and not lose control under the circumstances?

Stumbling upon preppers' websites and blogs, in the last days, we found five articles that might help you plan your mental preparedness. Read them to find out how to cope with the stress related to SHTF and the decisions you make to survive.

1. How to Cope With Sleep Deprivation



“Planning for the end of the world as we know it (TEOTWAWKI) is one thing, but experiencing a world-changing event and continuing to thrive and survive is something else completely.

Once the initial shock and implementation of your plan is over and done with, the real survival skills come into play. ”

Read more on [Survival Based](#).

2. With so Much To Do, How Do You Prioritize Your Preps?



“Most people in the preparedness community have pretty strong opinions on what the “most important” preps are.

For some people its food storage, for others its security and stockpiling weapons or ammo.

For others, primitive skill building or building the perfect bugout bag are at the top of the list.

People that are new to prepping often ask what area is the most important part of prepping and where to start first.”

Read more on [Ready 4 It All](#).

3. The Five Stages of Survival Grief



“The five stages of grief have long been defined and established by medical and psychology circles.

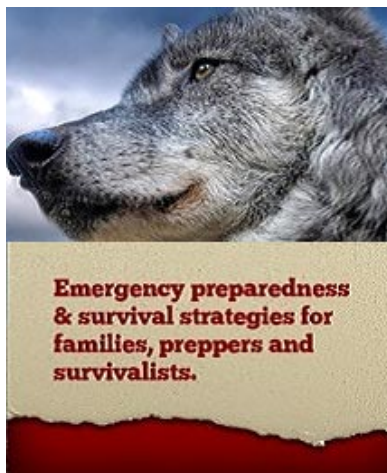
Since the late 1960’s, the Kubler-Ross cycle of grief has been defined as having five separate stages, with no set timeline

for movement through those stages.

One person can progress within moments to acceptance, while others can get mired in denial for their entire lives.”

Read more on [Survival Blog](#).

4. Mental Health in a Catastrophe – Will You Fall Apart?



“Preppers have secured themselves in the knowledge that they intend for themselves and their families to be safe in a catastrophic event.

Do you have a bunker, a bug out location or a bug in plan?

The food, medication and sanitation that you have prepared are all for the benefit of our physical well-being.”

Read more on [The Survivalist Blog](#).

5. Deciding Who You Can Save: What Is Triage?

EVACU-AID™ TRIAGE TAG

CONTAMINATION:
 NO YES
 Circle type below:
 Chemical Biological Radioactive

Respirations Yes No
 Perfusion +2 SEC -2 SEC
 Mental Status Can do Can't do

Mark ORIENTED DISORIENTED UNCONSCIOUS

Time	Pulse	B/P	Respiration

Time	Drug Solution	Dosage

Major Injuries:
 Destination:

DECEASED

IMMEDIATE **IMMEDIATE**

DELAYED **DELAYED**

MINOR **MINOR**

“The controversy of triage, of course is that some people are deliberately denied treatment because the resources at hand cannot help them to survive.

The people already dead, with lethal doses of radiation or large body burns, are left to die in order to save those who actually have a hope of living.

For cases like this, the concept of “triage” was invented. Essentially, it is a strategy for resource allocation to maximize the number of people who survive by identifying the scale of wounds for each person and deciding when they get treated based on the severity of the damage.”

Read more on [Prepared For That](#).



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*This article has been written by **Brenda E. Walsh** for [Survivopedia](#).*