

# Back On My Feet: How to Restart My Life After a Natural Disaster

*One of the many qualities of life is its unpredictability. You could be happy and content in a moment and the next, you never know what might turn things upside down for you. In all circumstances, moving on is our only resort. You could choose to get stuck in the moments of despair and sorrow, or you could decide to fight back for motivation and give a shot to moving ahead.*

Failure and setbacks are what make us more prepared for the success we're about to relish. A great antagonist once said: "Life has no meaning if it isn't eternal. In life, everything is temporary only pain is eternal." Life has no meaning but just trying to find a sense out of this act of living is what makes life beautiful. Failure and setbacks allow us to start a new fresh chapter of life, write it carefully while trying not to repeat the mistakes made in the past while avoiding making any further mistakes, and trying to fulfill the dream of finding happiness and contentment.

People put all their hopes and efforts into building their dream house and turning it into a home. Some people's dreams receive setbacks in the form of destruction caused by natural calamities and disasters. Disasters like Earthquakes and Floods come uninvited and damage the health and wealth of all the people living in the area.



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Some of the most recent examples of the incidents include the Nepal earthquake of 2015 that is also known as the Gorkha earthquake, a severe earthquake that struck near the city of Kathmandu in central Nepal on April 25, 2015. About 9,000 people were killed, many thousands more were injured, and more than 600,000 structures in Kathmandu and other nearby towns were damaged or destroyed.

In this article, we shall discuss how you can give life and yourself a second chance and stand on your feet once again.

## Try claiming insurance

The first thing to do is find your documents related to your house. Please find all the essential papers and stack them into a file. Start taking pictures of all the damage that has been done to the house. Make a list of all the damage, from the furniture to the roof. See if any damage is caused to the pipelines associated with the house and mention them in the list.

Also, take some pictures and attach them to the document so that there shall be proof of what you claim. If you get a repair service to the house to get the damage repaired, keep the receipt provided by the servicemen very carefully, with the documents. When you go to claim insurance for the damage that has been caused to the house, make sure you take this file with you and present it before the authorities.

# Taking care of the family

Before you start the home recovery process, look out for your family members. See if any of them has suffered any injuries and get first aid if they have. When the disaster takes place, the local authorities shall relocate you to a different area. It may be a very tough task emotionally to see your house of dreams broken into pieces. Before you go to visit the place, make sure all your family members are fit to travel.

Consult a doctor and ask for their advice on if you and your family are fit enough to return to your old house. Also, contact the local authorities to get permission to visit the place and if it is safe enough to visit. Once you decide to visit the home, make sure you take good care of your family members. They might feel anxious to see it.

## Safety measures

- When you visit the place for the first time after the destruction, make sure that you are followed by a local authority to protect you.
- Also, be careful while walking into the area since there could be gas leaks, broken glass, or damaged electrical wiring. The place might also have contaminated water, and therefore you should avoid drinking water from any of the sources around it.
- The house floor could be slippery and might make you slip on it and get yourself hurt, therefore watch out for it.
- Make sure there are no poisonous animals that have broken into the house.
- Since it has been abandoned for a long time, there are chances that some wild animals might have made an entry into the house.

# Buying a new house

A house is a must since it provides you with a roof over your head and is one of the most primary necessities of a person. If you find that the repair of the house demands a lot of money, you might consider investing some extra money and buying a new home. It will be a big step, but the amount could be adjusted in the insurance amount you shall acquire, and some flexible loans could help you seal the deal.

Companies like Lotmix are a great help if you're looking for a house that fits your budget. [Lotmix – a house and land platform](#) that looks after most aspects of buying a home. It not only finds you a place that fits your budget but also suggests flexible loans.

# Working and professional life

At some point, when you find yourself ready to get pace with life and start working, you must consider working remotely. When you choose to work remotely, there will be a wide range of options available to you to choose from. You can select a job offer that pays you the best and also suits your interest. It will also save you from the expense of commuting to the work location.

If remote working does not float your boats, you could also give a shot to coworking spaces. There are several [coworking spaces in Nashville](#) that offer office space for small companies. Coworking spaces help you connect with people from different professions working under the same roof and better understand various professions. You can communicate with people working for other companies, and if you wish to change your job, they might serve as good networks to accomplish the task.

# Budget management

Since you're finally trying to bring things into place and fix them, try making a list, starting with your priorities. House is an essential requirement. Food is a basic requirement, and clothes are a requirement. If you have children, their school fees would add up. For a few years, plan a budget that focuses on just these four to five things and try not to spend money on things that are not important. Do not buy a new vehicle or a new television set. Once you get on track with your finances, you'll realize how vital budget planning is. To keep your expenses in control, keep track of them. Also, try to reduce dining out and spend less money on the clothes you buy. Repeating your clothes isn't a bad option and buying new clothes only if it is a necessity.

## Conclusion

Life is unpredictable, and moving on is our only resort. You could choose to get stuck in the moments of despair and sorrow, or you could decide to fight back for motivation and give a shot to moving ahead.

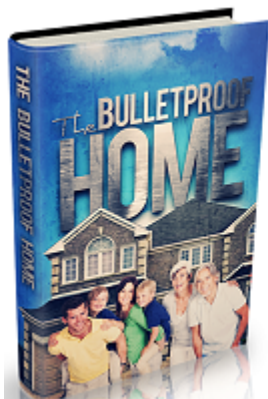
People put all their hopes and efforts into building their dream house and turning it into a home.

Natural calamities come uninvited and damage the health and wealth of all the people living in the area. If you've lost your house to a natural disaster, follow these steps to get back on your feet. Make a list of all the damage, from the furniture to the roof. See if any damage is caused to the pipelines associated with the house and mention them in the list. Also, click pictures and attach them to the documents of the house.

See if any of the family members have suffered any injuries and get first aid if they have. Before you go to visit the

place, make sure all your family members are fit to travel. Consult a doctor and ask for their advice on if you and your family are fit enough to return to your old house. Also, contact the local authorities to get permission to visit the place and if it is safe enough to see. be careful while walking into the area since there could be gas leaks, broken glass, or damaged electrical wiring.

The place might also have contaminated water, and wild animals might have entered the house. Companies like Lotmix are a great help if you're looking for a home that fits your budget. Cut down on your expenses and do not invest in things that you can do without. Try to focus only on the basic requirements and covering the loans you have taken for the new house. If you're looking for a job, try remote jobs so that you have a variety of options to choose from.



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