

SHOW-ME CREATIVITY





This coloring book is created and funded by the Missouri Show Me Hope Crisis Counseling Program (CCP) and the Disaster Response State Grant (DRSG) in collaboration with the Department of Mental Health and the Department of Natural Resources. Learn coping and stress management skills through the Know Before You Go campaign for Missouri's State Parks and Historic Sites.

Show Me Hope is Missouri's CCP in response to a disaster or critical event. The CCP is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Federal Emergency Management Agency (FEMA). Counselors are based in the local community to teach coping and stress management skills to anyone dealing with the anxiety and uncertainty caused by the event. The CCP helps individuals and communities recover from natural and human-caused disasters through community outreach and access to resources including mental health services.

The DRSG is funded by SAMHSA to serve 26 counties in Missouri that were federally declared disasters in Spring 2019. This grant also provides opportunities for outreach, education, and training for individuals impacted by natural disasters. Disaster-related trauma looks different for everyone. Recovery is possible.

TO LEARN MORE VISIT:



dmh.mo.gov/disaster-services



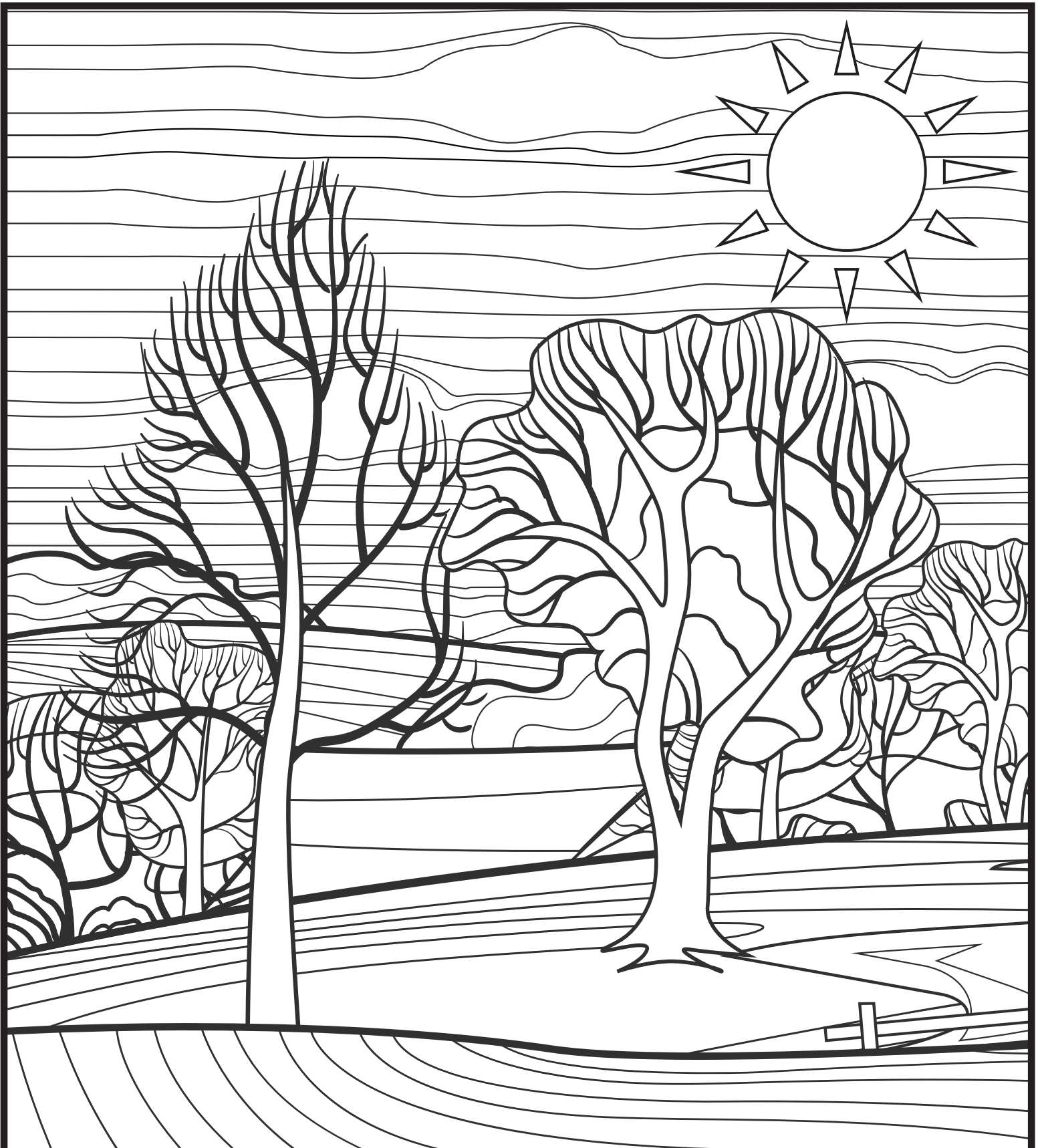
moshowmehope.org



dmh.mo.gov/trauma-informed-care/drsg



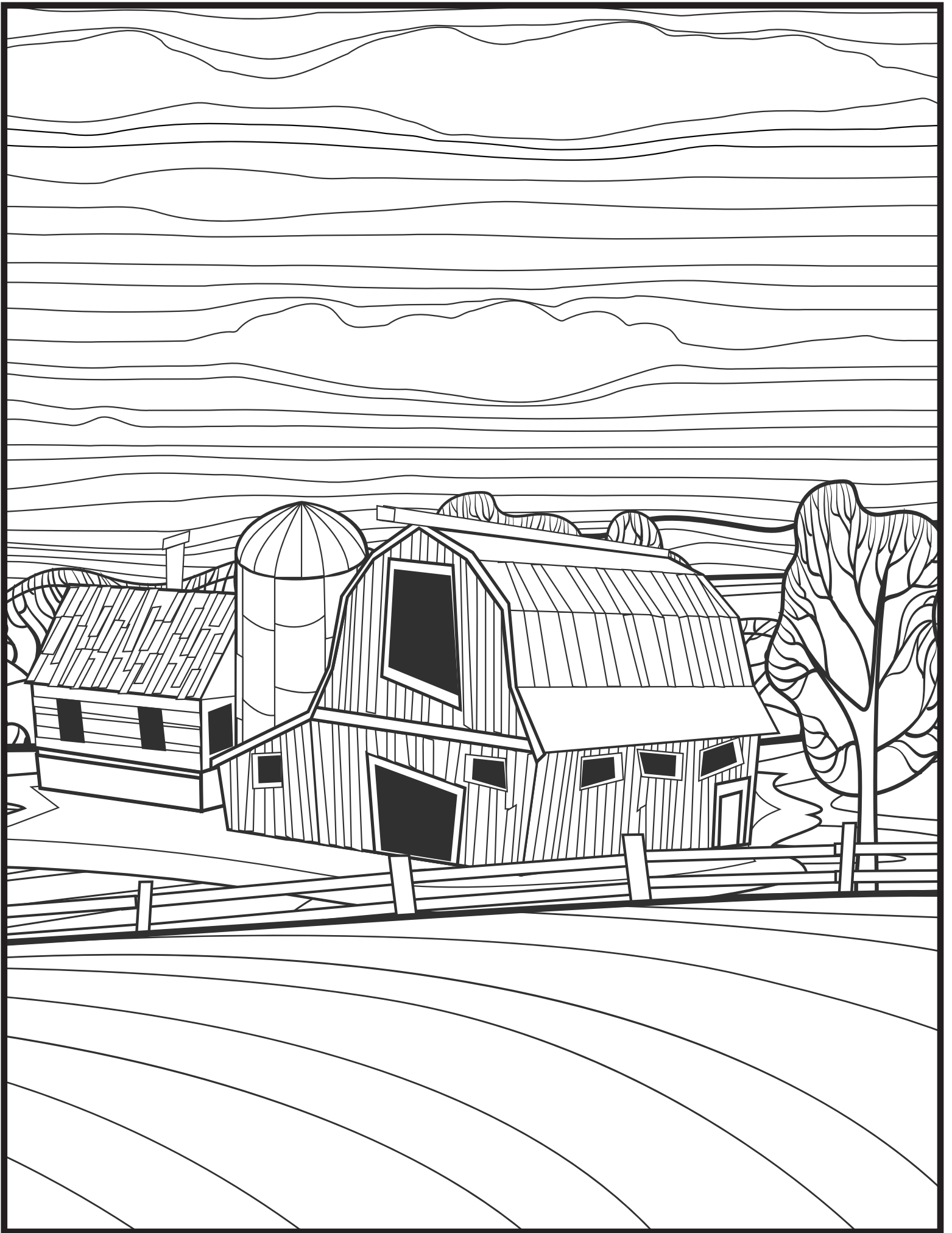
mostateparks.com



GENERAL DISASTER INFORMATION

A disaster is a sudden event, such as an accident or a natural catastrophe that can cause great damage or loss of life. Disasters may cause serious disruptions to an individual and/or a community. And they come in all forms: floods, tornados, fires, or they can be human-caused disasters.

A disaster can negatively affect life, property, livelihood or industry often resulting in permanent changes to human societies, ecosystems, and environment.



HOW TO PREPARE FOR A DISASTER

One of the most important steps in preparing for a disaster is to have a plan. Use the worksheet below to start developing your plan today!



DEVELOP A PLAN

How will I receive emergency alerts and warnings?

What is my shelter plan?

What is my evacuation route?

What is my family/household communication plan?

What needs to be updated in my emergency preparedness kit?

Once you've developed a plan, you'll need to consider the needs of your family. The next step in disaster preparedness is to build a kit. And guess what? This is similar to a backpack you'd take when spending time outdoors!



BUILD A KIT

After a disaster, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for several days. To assemble your kit, make sure your entire disaster supplies kit fits in one or two easy-to-carry containers such as plastic bins or a backpack.

A basic emergency supply kit could include the following recommended items:



☐ Water



☐ Food



☐ Flashlight



☐ First aid kit



☐ Extra batteries

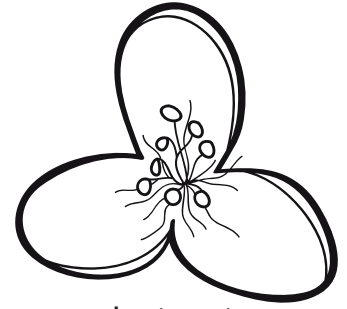


☐ Whistle (to signal for help)

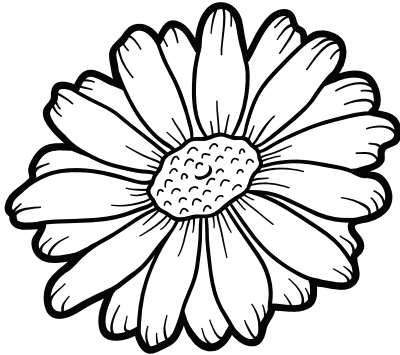


COPING SKILLS

Disasters and traumatic events touch us all. People may experience trauma and stress reactions due to a disaster. We can have emotional, behavioral, physical and cognitive reactions to the event and these are all common reactions.



Each of us will respond in our own unique way. In time, we will recover and return to a “new normal” in a matter of days or weeks—sooner if we take care of ourselves. However, it is not uncommon to experience feeling overwhelmed, anger, crying, sleep disturbances, withdrawal, fatigue, depression, or recurring images of the incident.



TAKING CARE OF OURSELVES

- Seek support from family, friends, and colleagues. Sometimes those who know you cannot appreciate the extent of what you have been through; therefore, they can appear unsympathetic. In this case, look for support from others.
- Help others by sharing thoughts and checking on how they are doing.
- Seek help and make use of available community services.
- Limit intake of alcohol, drugs, or even food. Resorting to alcohol, drugs or overeating adds to stress levels and interferes with physical and emotional well-being. Healthy routines are important for recovery.
- Exercise, alternated with relaxation, will alleviate some of the physical reactions.
- Keep a journal.
- Structure your time and keep busy. Balance your time alone and with others.
- Continue your regular daily schedule at work and leisure activities whenever possible.
- Expect time to be the ultimate healer. Most reactions and symptoms will naturally fade away after the incident. But, keep an eye on symptoms that might last longer than usual.
- Know when to seek professional assistance. Everyone copes differently with a traumatic incident. For immediate needs, talk to a professional. If you or a family member experience trouble coping or if reactions last more than 2 to 4 weeks, do not be afraid to ask for help. Additional resources are available in the back of this book.



MY RESILIENCE STORY

The way you tell the story of your life affects your sense of self. It pays to become aware of the stories you are telling, and to craft ones that are true and empowering at the same time.

In the last year, what have you done to adapt during difficult times?

What are your typical stressors?

How do you know when you are stressed?

What have you been doing to manage these?

What are the challenges to managing your stress?

Name five coping skills you use.

Name five coping skills you want to use.

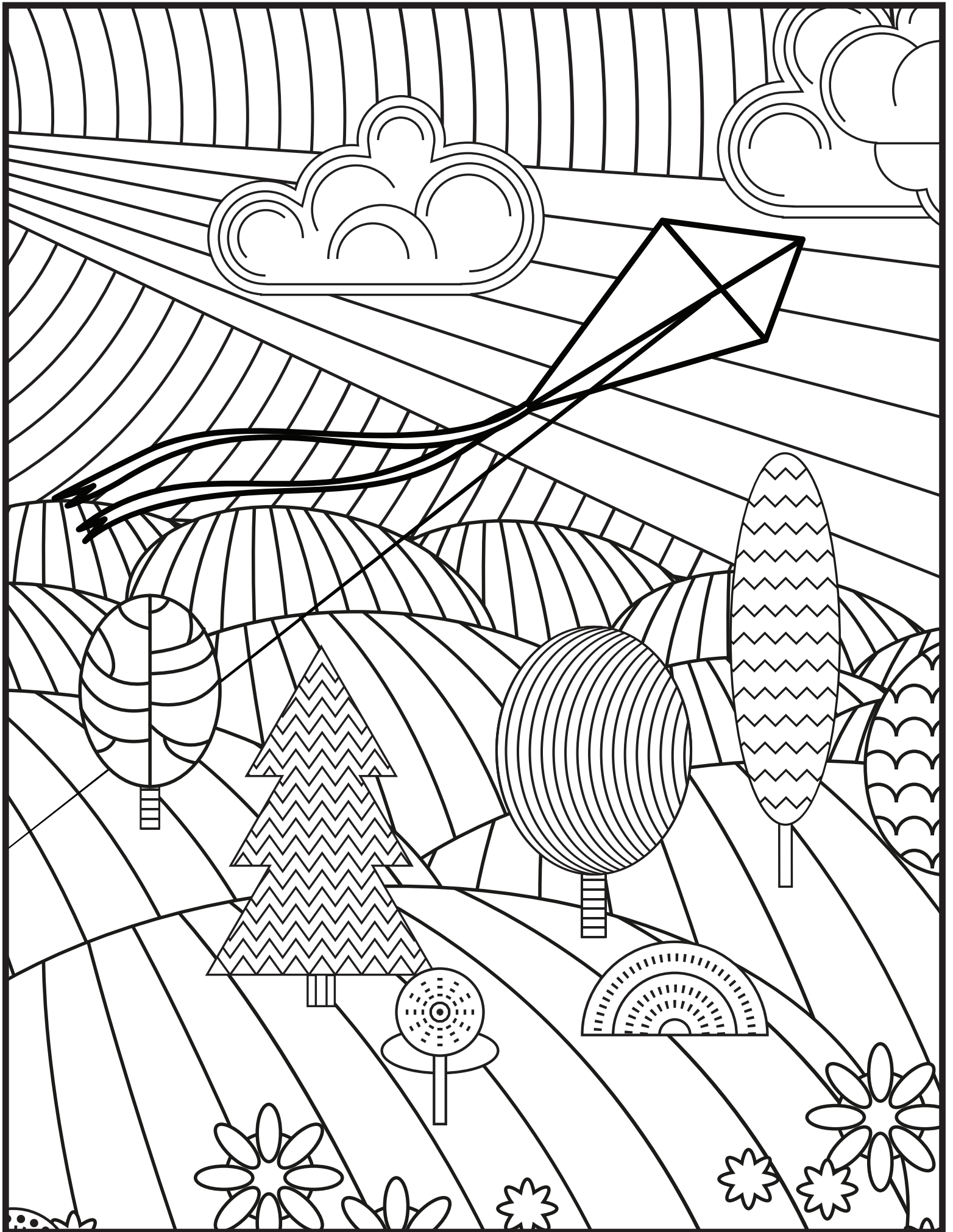
What does all of this tell you about your ability to handle future challenges?



101 WAYS TO DECREASE STRESS

Learning to decrease stress in healthy ways will make you, your friends, and your family more resilient.





HEALTH AND WELLNESS IN PARKS

Did you know that regular contact with nature is good for mental health and well-being?

The more time spent in parks, the more health benefits a person experiences - like having less depression, anxiety, and stress. It fosters creativity and spiritual wellness. It can improve attention, focus, and memory. Plus it boosts self-esteem! Being in nature promotes healthier relationships, better social-emotional skills, and care and concern for the environment.

There are other health benefits as well. Research shows that being outdoors helps improve blood pressure and cholesterol levels and reduces stress and risk of obesity. People have fewer health complaints, more physical activity and even have healthier eyes and vitamin levels.

Here are some ways you can practice good mental health and wellness in Missouri State Parks and Historic Sites:

PLAN YOUR TRIP

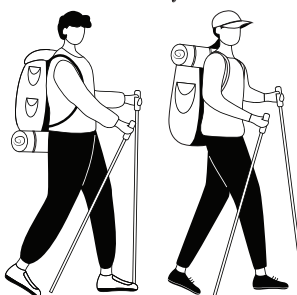
TRIP CHECKLIST:

- ☒ GOOD NIGHT'S SLEEP
- ☒ FOOD
- ☒ WATER
- ☒ DISCUSS WITH FAMILY & FRIENDS

LEARN THE DETAILS



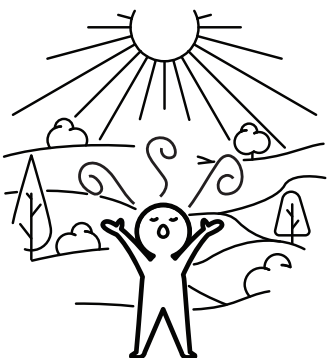
WEAR COMFY CLOTHES/SHOES



FACT:

STRESS IS STORED IN MUSCLES AND TISSUES. STRETCHING RELEASES TOXIC CHEMICALS AND PROMOTES RELAXATION AND FLEXIBILITY.

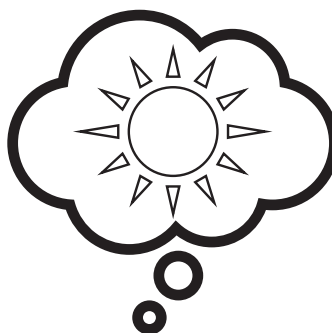
TAKE DEEP BREATHS



FACT:

TAKING DEEP BREATHS OF NATURAL AIR AROUND YOU HELPS THE OXYGEN FLOW TO YOUR BRAIN AND OTHER VITAL ORGANS.

FOCUS ON POSITIVITY



LAUGH



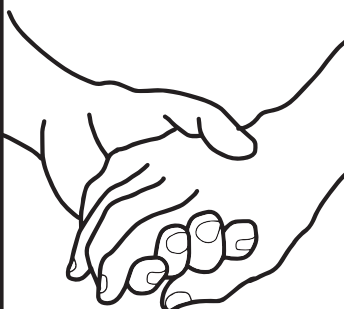
FACT:

LAUGHING PROMOTES OXYTOCIN WHICH IS A POSITIVE BRAIN CHEMICAL. OXYTOCIN HELPS YOU FORM BONDS AND CONNECTION WITH OTHERS AND BOOSTS HAPPINESS AND WELLNESS.

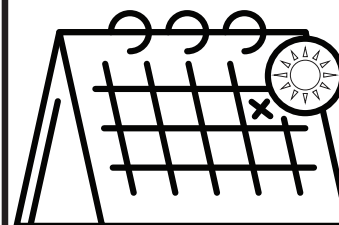
LIMIT DEVICE USE



SUPPORT OTHERS



MAKE IT A HABIT



HEALTH AND WELLNESS IN PARKS

Meaningful outdoor experiences improve your overall health and wellness.
The illustration below illustrates some of these items. How many can you find?



PREPARING YOUR FAMILY MEMBERS

Exploring nature can be a special time to bond with your loved ones and make lasting family memories. But, there are some tips to Know Before You Go to help you plan a fun, meaningful outdoor family experience.

GET A GOOD NIGHT'S SLEEP BEFORE YOUR TRIP!

Feeling rested gives you energy to explore and be physically active. But, did you know that sleep helps your mood stay balanced too? You are more likely to enjoy your time without feeling annoyed, irritated or frustrated if you have restful sleep.

MAKE A PLAN FOR MEALS.

Physical activity and exploration can make you hungry. Everyone needs food and drink to fuel their body. Keep in mind that some family members may also need to take medicine or eat frequent snacks so they are able to enjoy time outside.

STAY HYDRATED.

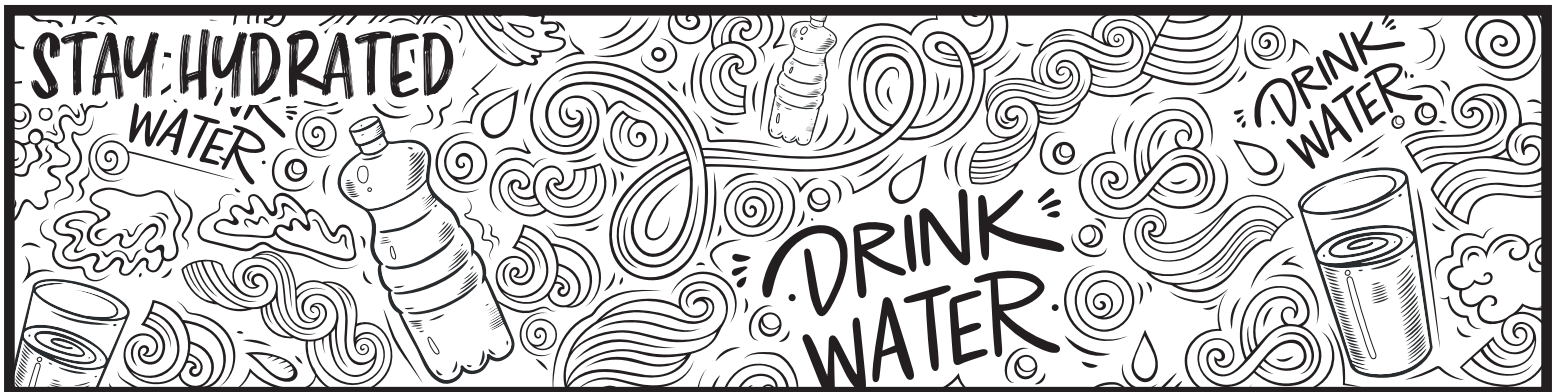
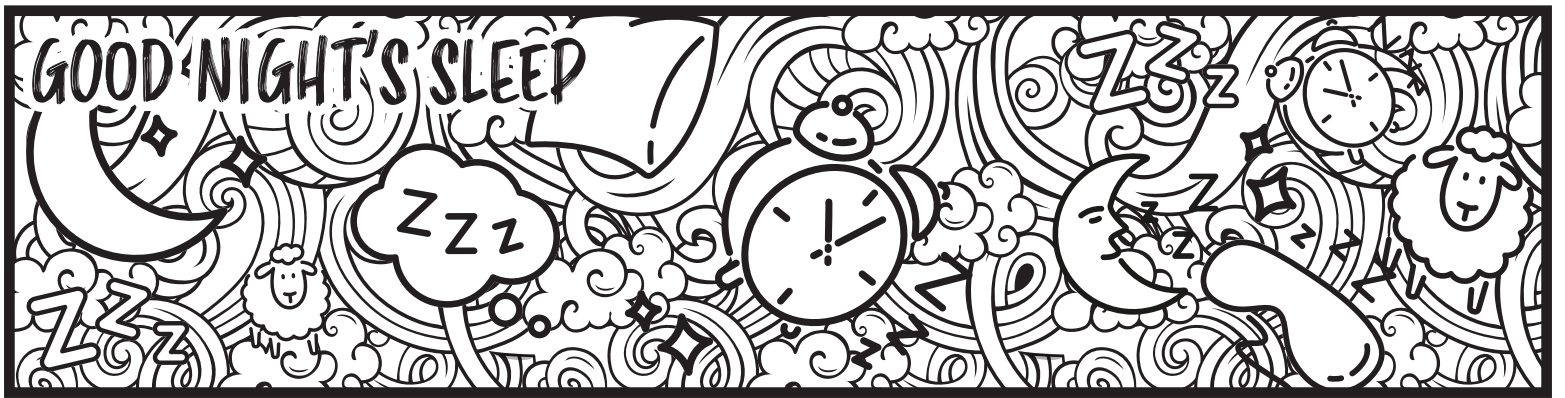
While your family is taking in the fresh open air, you also need to remember to drink plenty of water. The weather and temperature may change while you are outside. And the more you move and play, the more water you need to drink.

PAY ATTENTION TO FEELINGS.

Being in nature has been proven to decrease stress, anxiety, and sadness. But, sometimes family members feel worried or nervous about being in unfamiliar places. Talking about it ahead of time and coming up with a plan to manage feelings can make a trip great.

TAKE A BREAK.

Breathe in the natural air and slow down to enjoy the sights and sounds all around. Sometimes people get overwhelmed and excitable or frustrated and disappointed. Taking a break, walking away from the crowd, lowering your voice, using a calm tone and observing something in nature for a pleasant distraction can turn the negative into positive.



CALMING AN UPSET FAMILY MEMBER

Here are tips to use with family members that may get stressed or upset during your trip.

- Listen and acknowledge their feelings without judging them.
- Help them feel safe, respected and loved.
- Focus on them directly instead of other bystanders.
- Try to remove them from crowded spaces.
- Stand close to them so they know you are paying attention.
- Try to redirect their behavior - there are amazing things to focus on in nature!



CALMING AN UPSET FAMILY MEMBER

Before long, they may be laughing and exploring and forget all about what upset them earlier. You might even try to play a silly game. Or give them a fun challenge to boost their happiness. You can also use one of the self-soothing techniques below.

Just break the tension with laughter and help them see the many benefits of being outdoors!

SHARE SELF-SOOTHING TECHNIQUES

Take Deep Breaths – Encourage them to focus on breathing. Talk them through an exercise to breathe in, hold for three seconds, and breathe out. Repeat this five times. Point out the changes you notice in their body and mood.

5 Senses Grounding – Have them name 5 things they SEE, 4 things they HEAR, 3 things they SMELL, 2 things they FEEL, and 1 thing they TASTE. Check out the activity below!

Structured Movement – Releasing tension through physical activity can help. Do some stretches while counting or singing, try some light exercises like jumping jacks, climbing up and down stairs, or pushing against something sturdy.

After they have calmed down, praise them for their choices and ability to manage their emotions and behavior in healthy and safe ways.

FOCUS ON YOUR SENSES!



5 things you SEE:



4 things you HEAR:



3 things you SMELL:



2 things you FEEL:

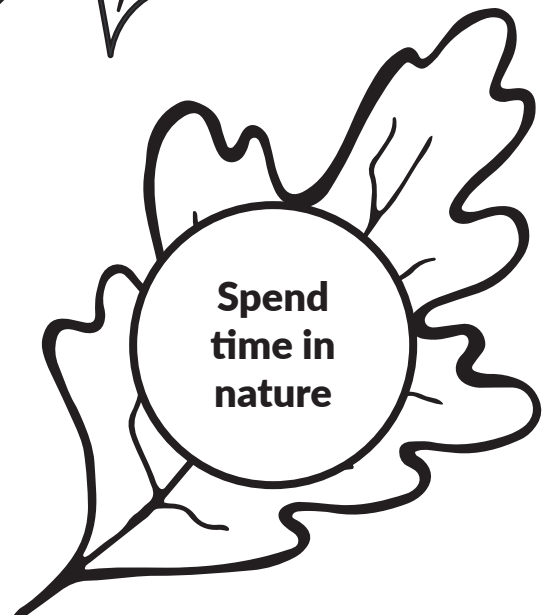
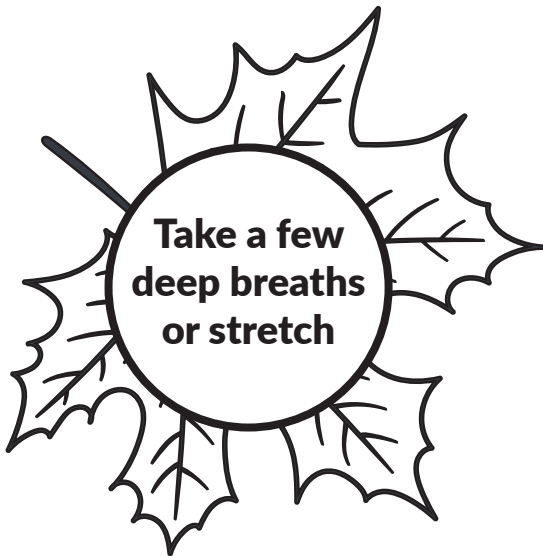


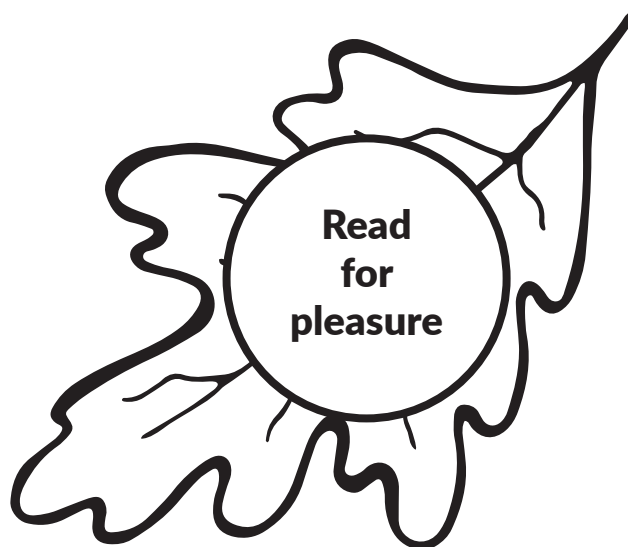
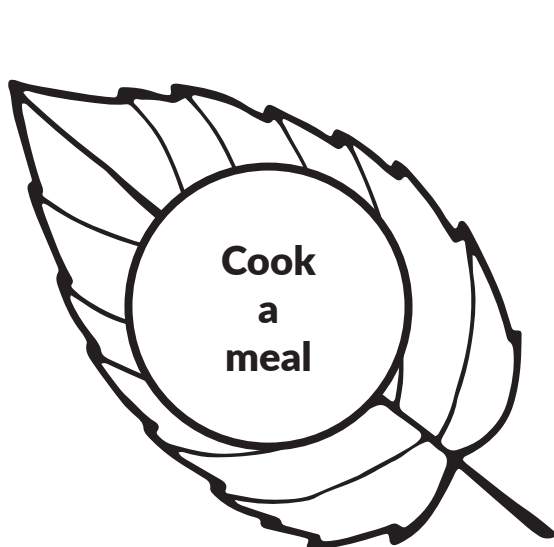
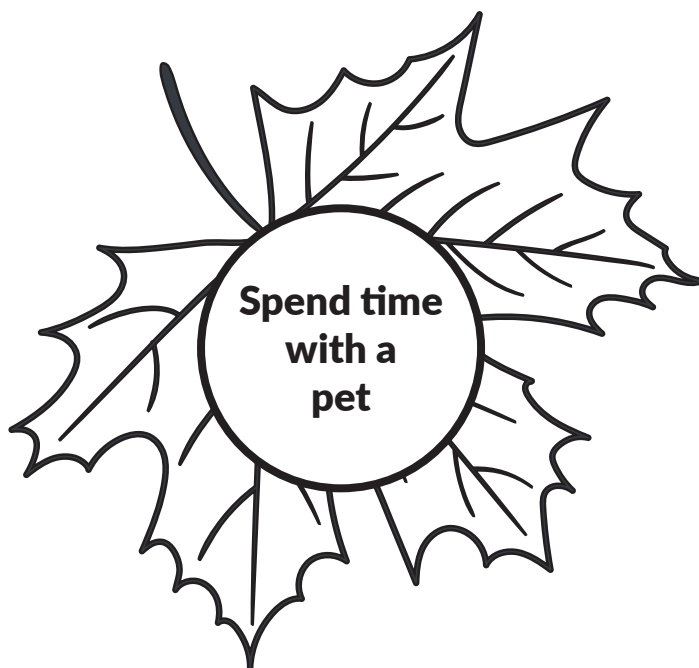
1 things you TASTE:



SELF-CARE TIPS

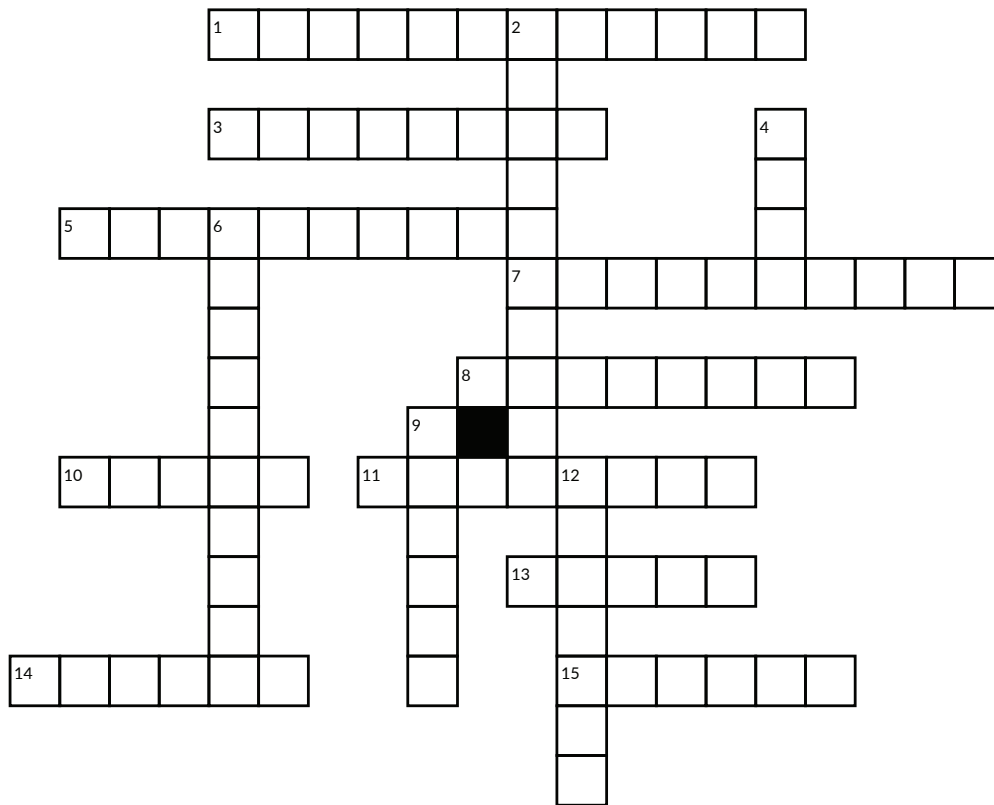
Self-Care is any intentional actions you take to care for your physical, mental, and emotional health. Learn some tips or ideas for self-care today!





CROSSWORD PUZZLE

Hint: answers can be found throughout this book



Down:

2. Promotes relaxation and flexibility
4. The ultimate healer
6. Name of Missouri's Crisis Counseling program in response to a disaster or natural event
9. Being here has been proven to decrease stress, anxiety, and sadness
12. Type of routine that is important for recovery

Across:

1. Set of skills needed to deal with trauma
3. Any intentional actions you take to care for your health
5. Item needed in emergency supply kit
7. People based in the local community to teach coping and stress management skills
8. A sudden event such as an accident or a natural catastrophe
10. Helps your mood stay balanced
11. Promotes oxytocin
13. The more time spent here, the more health benefits a person experiences
14. Sight, sound, smell, touch, taste
15. People may experience this due to a disaster

SUDOKU PUZZLE

1

7			6			2		
						3		
							7	
				1				3
8	6	9	3					
1		2			8			9
	9	8			5		6	2
		7						
		5		4	1			

2

			8		3			7
7			5	6	1			2
	8			9	2		5	
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8		3			5		2	
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	2	6			9			
		1					9	
						6	3	

3

			4					3
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9				3		8		
	8					5	7	2
7		1					4	9
3	2						1	
	9						2	
		5	6	1				
	6		8			1		

4

6					8	1		
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		4					7	
		9	1	6				2
5	4			2				1
			9		4			
	7						4	
	9		7					5
	1		2			9		

Answer Key:

1

8	7	3	1	4	6	5	2	9
4	6	9	9	2	8	7	3	1
2	9	1	5	3	7	8	6	4
6	5	7	8	9	4	2	3	1
2	1	4	7	5	3	6	9	8
3	8	9	6	1	2	4	7	5
2	5	4	7	3	8	1	9	6
9	3	8	7	2	5	1	6	4
7	8	1	5	4	6	9	3	2

2

4	3	6	9	7	2	1	8	5
5	6	2	8	4	9	3	7	1
1	7	8	5	3	6	9	4	2
3	9	1	8	7	6	5	4	2
6	2	7	5	4	1	3	8	9
8	4	5	9	3	7	2	1	6
9	5	3	7	6	2	4	8	1
7	3	8	1	9	5	6	4	2
2	1	4	8	3	9	5	2	7

3

5	3	1	2	9	8	7	4	6
9	8	4	6	7	1	5	3	2
6	2	7	4	5	3	8	1	9
3	2	4	5	7	9	6	8	1
7	5	1	2	6	8	3	4	9
2	7	3	5	4	1	6	8	9
9	4	2	7	3	5	8	6	1
8	1	3	6	2	9	4	5	7
5	7	6	1	4	8	9	3	2

4

7	3	6	5	8	2	9	4	1
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9	4	8	6	1	3	5	7	2
3	8	7	5	4	6	2	9	1
1	6	9	3	2	8	7	4	5
2	5	7	4	9	1	6	3	8
8	1	5	7	3	9	4	2	6
4	9	3	2	6	5	1	8	7
6	2	1	8	4	7	3	5	9

RESOURCES



**Creating a Healthier Life: A
Step-by-Step Guide to Wellness-
SAMHSA**



**National Recreation and Park
Association**



Mental Health First Aid Missouri



DMH Self-care: Self Care



The American Institute of Stress



**Brownfield: Managing Mental
Health Archives**



Global Wellness Institute



Happier U

