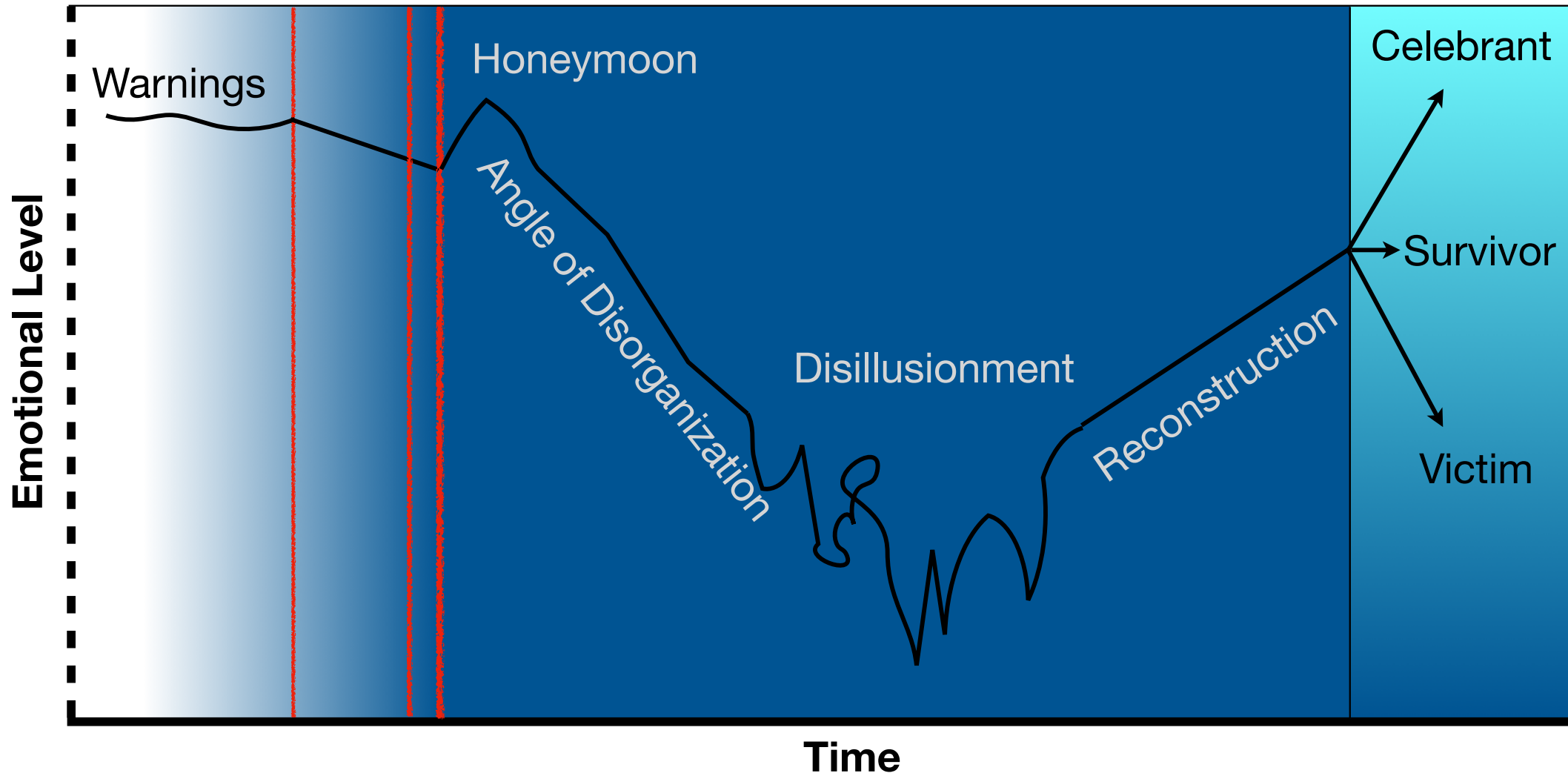


# Pre-Crisis

# Impact

# Managing Crisis

# Recovery

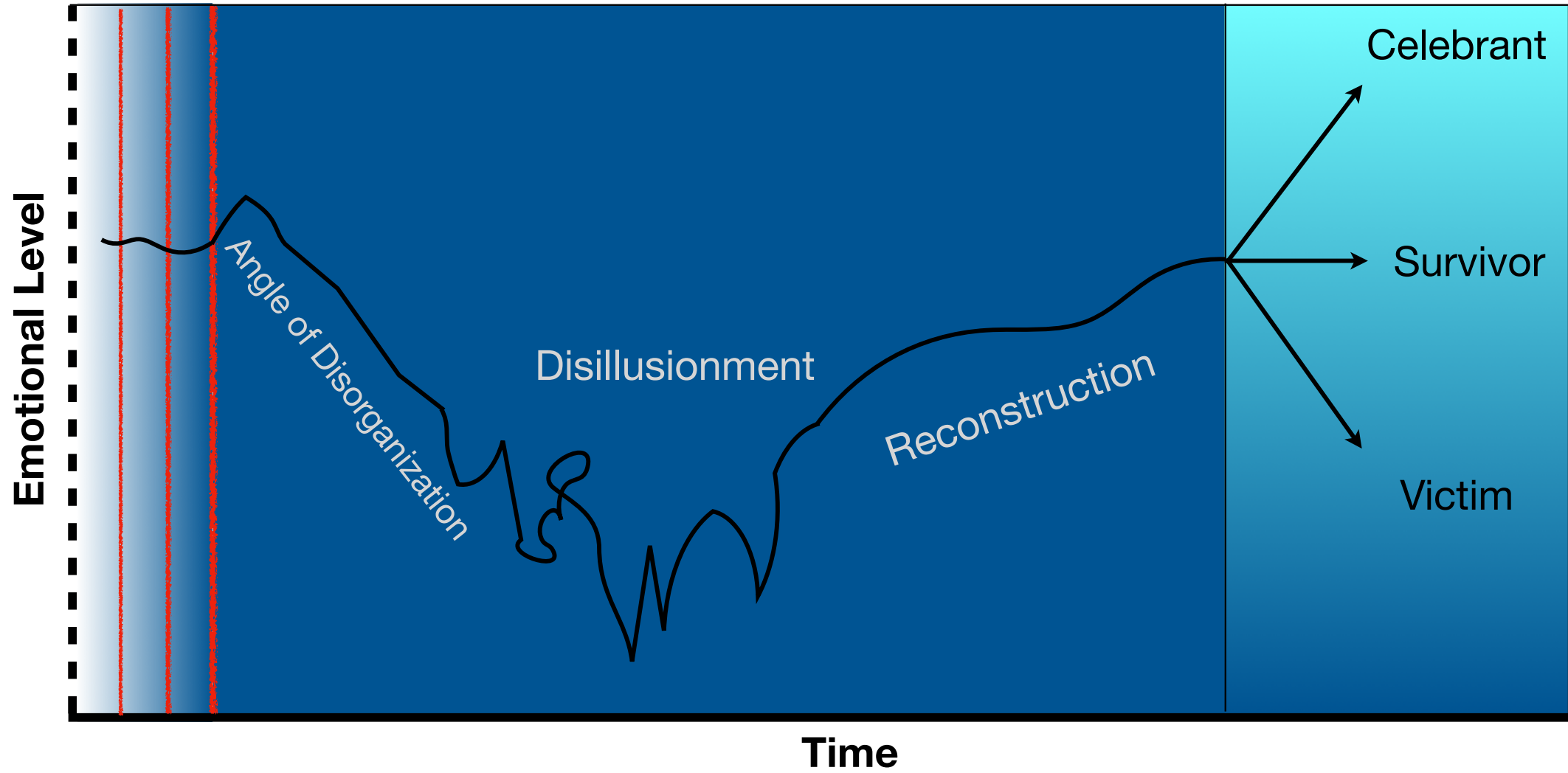


**Pre-Crisis**

**Impact**

**Managing Crisis**

**Recovery**



**Emotional Level**

**Time**

Celebrant

Survivor

Victim

Angle of Disorganization

Disillusionment

Reconstruction

# Emerging From Crisis As:

## Victim

Passive

Helpless

Overwhelmed

Still living in Crisis

Focused on Past

No Sense of Future

Distant from God

## Survivor

Active

Regaining Control

Tolerate Emotions

Confronting Crisis

Focused on Present

Hope for Now

Beginning to Trust

## Celebrant

Assertive

Obtaining Mastery

Feeling Full Spectrum

Grown from Crisis

Optimistic of Future

Sense of Redemption

Deepened Trust in God

## Crisis Reactions and Healthy Responses

Crisis Phases	Warning	Impact(s)	Honeymoon	Disillusionment	Reconstruction	
					Not so Healthy	Healthy
<b>Description</b>	Warnings/Threats about possible crisis (e.g. News of deaths in your country, Photo of no toilet paper on facebook)	Experience reality of crisis; Can be multiple impacts (e.g. Friend has virus, Government lock down, Flight or conference cancelled)	Optimism (“all over soon”); Pulling together as a community; Altruistic behavior (groceries for neighbors, make masks for others, “less pollution”)	Optimism turns into discouragement; Stress and fatigue take their toll; Trial and error; weary of unpredictability (e.g. Love having kids home one day, can’t stand them the next)	Adaptation begins; New rhythms/routines; building off what you can control/predict; Settling and stabilizing; Recognizing opportunities for growth (e.g. Turned laundry room into home-office you like; realize my need for silence/solitude; weekly Zoom “double date” with close friends; enjoying new hobby of gardening)	
<b>Common Reactions</b>	Dismissive vs. Catastrophizing, Over-controlled vs. Out-of-control, Feeling vulnerable, Increased anxiety	Guilt for not heeding warnings, Panic to Denial, Numb, Self-preservation, distracted, Confused, Disoriented, Anxious, Disconnected	Excitement at opportunities, sense of community/ connection with others, Optimism (back to normal soon), Increased activism, Frustrated with “idealistic do-gooders”	Blaming, Disbelief, Autopilot, Lack motivation, Confusion, Emotional fluctuation, Mental/ emotional fatigue, Sadness/ depression, Increased temptation, Restlessness, Insomnia, Over/under eating, Conflict over risk	Resignation, Build up walls of protection, Regress to old patterns, Embittered, Internal/ external blame, Perpetually angry/ discontent, Unable to forgive, Accept distance from Lord/others, Shame, Still stuck in crisis, Easily frustrated, Inflexible, Lost resiliency	Discovering new ways of coping, Grieving losses, Looking for opportunity, Attentive to God’s work in and around me, Internal peace that can be shared with others, Moving beyond crisis ready for next challenge, Seeing personal growth, Gratitude, Full spectrum of emotions, Adjusting and Adapting
<b>Healthy Responses</b>	Assessing threat, balanced but critical evaluation from multiple sources, minimal anxiety, considering precautions, connecting with community	[Wide range of responses—most of which are normal] Attentive to self and others, Recognizes needs and receptive to help, gives grace to self and others	Active but with boundaries, cautious optimism, Intentional and strategic caring for self and others	Accept varying responses to recovery, Maintains perspective, Considering contingency plans, Acknowledging losses, “Pressed but not crushed, perplexed but not despairing”		

Crisis Phases	Disillusionment	Reconstruction	
		Not so Healthy	Healthy
<b>Description</b>	Optimism turns into discouragement; Stress and fatigue take their toll; Trial and error; weary of unpredictability (e.g. Love having kids home one day, can't stand them the next)	Adaptation begins; New rhythms/routines; building off what you can control/predict; Settling and stabilizing; Recognizing opportunities for growth (Turned laundry room into home-office you like; realize my need for silence/solitude; weekly Zoom "double date" with close friends; enjoying new hobby of gardening)	
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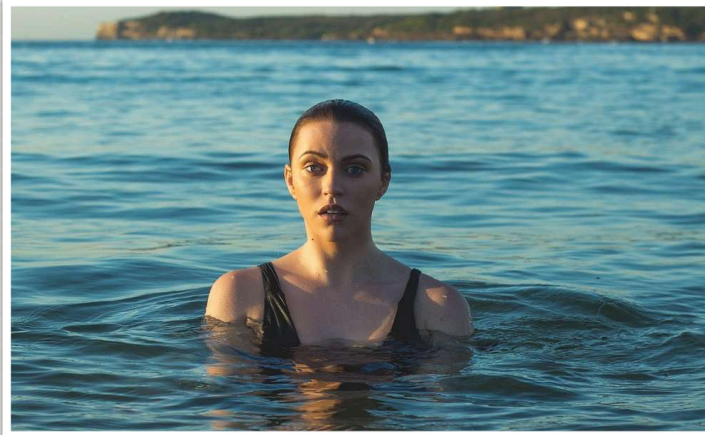
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# Keys to Recovering Well



- ❖ Honest assessment: Are you Drowning, Treading Water, Swimming?
- ❖ Acknowledge Impact, Cost and Ongoing Struggle
- ❖ Permission to Care for Ourselves
- ❖ Relentless in Staying Connected to Self, Others and God

# Reflection Questions



Feels like I'm drowning



Treading Water



Swimming Along

- ❖ How are you managing overall? Which picture fits best today?
- ❖ What has been the most difficult aspect of this season for you?
- ❖ What has helped you the the most?