

After a Disaster:

Flood Recovery Resource Kit



 Calm Your Mind •  Find Stability •  Rebuild Connection



Mindful Ecotherapy Center®

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After a Disaster: Flood Recovery Resource Kit

You survived the flood. You're soaked, exhausted, and somewhere between "I can do this" and "why is this happening to me." That's where this kit comes in. This resource kit is built on the principle that recovery is about tending to your mind, your heart, and your connection to the world around you. This kit doesn't pretend that mindfulness dissolves broken furniture, but it does help you face the chaos with a brain that's slightly less fried.

The *Flood Recovery Resource Kit* is a structured yet flexible guide that blends practical recovery steps with mindfulness-based ecotherapy practices. It acknowledges that flooding is a psychological and emotional upheaval. The kit starts by walking you through immediate stabilization strategies. You get checklists for safety, basic steps to assess damage, and tips for organizing your priorities when everything feels equally urgent. There's no sugar-coating here; just clear guidance meant to keep you from inadvertently doing more harm than good.

Once the basics are handled, the kit shifts into intentional emotional support, but it's not the kind that tells you to "just stay positive," but the kind that gives you grounded tools for processing shock, grief, and overwhelm. These sections draw on ecotherapy principles, which means you'll find exercises that connect you with the natural world you're trying to reclaim: mindful breathing with attention to the earth beneath your feet, reflective walking practices through your yard or neighborhood, and journaling prompts that help you untangle what's happening inside your head from all the noise outside. It's practical therapy based on interaction with the world around you, because believe it or not, your nervous system responds better to nature than to motivational aphorisms.

Next up are coping strategies for the long haul. Flood recovery is an emotional marathon filled with bureaucratic hurdles, insurance jargon you didn't consent to learn, and an alarming number of trash bags. The kit includes guided mindfulness routines you can do in ten minutes or less (perfect for when you're standing in line at the supply store and feel like screaming), as well as longer practices for evenings when you have the energy to sit with your thoughts. These are step-by-step instructions designed to help you notice your stress responses and gently steer your attention back to what matters.

Finally, there's a section on community and connection, because people who go through floods often find themselves isolated right when they need support most. You'll find suggestions for rebuilding relationships, forming support groups, and engaging in collective healing activities that honor both your emotional experience and the environment you're trying to protect.

If you want a kit that treats your trauma like a checklist, this isn't it. If you want something that actually helps you recover without turning your brain into a stressed-out mess, this is about as good as it gets. This is about learning how to be whole again after flood's tried to wash that away.

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When to Seek Additional Support

Information to help you decide what you need next

Disclaimer:

The information provided in these worksheets is for educational and informational purposes only. It is **not a substitute for professional care** by a licensed therapist, physician, or other qualified health professional. If you have concerns about your mental or physical health, or the health of someone in your care, please consult a qualified professional.

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These Worksheets Are About Choice

- Most stress reactions after displacement and natural disasters are normal and temporary. Some reactions benefit from additional support.
 - This guide is here to help you recognize when extra help might be useful and how to find it if you decide to.
 - There is no requirement to act on this information.
-

1. When Stress Reactions May Need Extra Support

Consider additional support if stress reactions are:

- ☐ Ongoing
- ☐ Symptoms continue for several weeks without easing
- ☐ You feel stuck in constant anxiety, numbness, or shutdown
- ☐ Interfering With Daily Functioning
- ☐ Difficulty sleeping most nights
- ☐ Trouble eating regularly
- ☐ Inability to concentrate or make basic decisions
- ☐ Avoiding people, places, or tasks needed for daily life
- ☐ Intensifying
- ☐ Panic attacks
- ☐ Strong emotional swings
- ☐ Increased irritability or anger
- ☐ Feeling disconnected from yourself or others
- ☐ Concerning for Safety
- ☐ Thoughts of harming yourself
- ☐ Feeling like you cannot keep yourself safe
- ☐ Feeling hopeless or overwhelmed most of the time

Seeking help at any of these points is a reasonable response to prolonged stress and disruption.

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2. What “Trauma-Informed Care” Means

Trauma-informed care recognizes that:

- ☐ Your reactions make sense given what you’ve experienced
- ☐ You are not expected to relive events in detail
- ☐ You have control over pacing and participation
- ☐ Safety and stabilization come before processing

A trauma-informed provider does not push you to:

- ☐ “Move on”
- ☐ Recount traumatic experiences before you’re ready
- ☐ Use techniques that feel overwhelming

You should feel respected, not managed.

3. How to Find Trauma-Informed Support

When looking for care, it can help to:

- ☐ Ask if the provider has experience with disaster-related stress or displacement
- ☐ Ask how they approach safety, pacing, and consent in sessions
- ☐ Look for language that emphasizes grounding, stabilization, and nervous system support

Teletherapy may be an option if transportation or housing is unstable. If possible, start with a brief consultation to see if the therapist’s approach feels supportive.

4. What to Look for in Mindfulness-Based Ecotherapy Providers

Therapists trained in mindfulness-based ecotherapy typically:

- ☐ Use mindfulness as a grounding tool, not forced meditation
- ☐ Incorporate nature-based practices in flexible, accessible ways
- ☐ Adapt exercises for indoor, urban, or limited-access environments
- ☐ Focus on nervous system regulation and present-moment stability

You are not expected to:

- ☐ Be calm
- ☐ Like meditation
- ☐ Have access to outdoor spaces
- ☐ Be “spiritual”

The work should meet you where you are. If you are interested in mindfulness-based ecotherapy, the Mindful Ecotherapy Center, PLLC maintains a directory of trained Mindfulness-Based Ecotherapy facilitators at:

<https://www.mindfulecotherapycenter.com/directory-of-mbe-therapists>

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5. Questions You Can Ask a Potential Therapist

You may find it helpful to ask:

- ☐ How do you work with people after disasters or displacement?
- ☐ How do you use mindfulness in a way that doesn't overwhelm?
- ☐ What happens if an exercise doesn't feel helpful?
- ☐ How do you support people who feel numb or shut down?

You are allowed to decide whether a provider is a good fit.

Final Reminder

- Needing support does not mean you are failing to cope. It means your system has been under prolonged strain.
- Support is not a last resort. It is one of many ways people recover stability after disruption.

Take this information at your own pace.

FREE Consultation

If you would like to schedule a free fifteen-minute consultation with Charlton Hall, MMFT, PhD of the Mindful Ecotherapy Center, email chuck@mindfulecotherapy.com or call (253) 392-6592

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Nature-Based Stabilization Exercises

Brief grounding practices for flood recovery and displacement

These exercises are designed for people who:

- ☐ Have limited or no access to green space
- ☐ Are staying indoors, in shelters, hotels, or temporary housing
- ☐ Have disrupted routines and low energy

You do not need:

- ☐ Meditation experience
- ☐ Special equipment
- ☐ A quiet or perfect environment

If you can pause for 1–5 minutes, that is enough.

Why Nature-Based Stabilization Helps

Human nervous systems evolved in relationship with the natural world. Even brief contact with natural elements can help signal safety and reduce stress.

Nature-based stabilization is not about relaxation or feeling good. It is about helping your body feel less overwhelmed. Small moments count.

1. Sensory Grounding with Everyday Natural Elements

You do not need a forest. Use what is available.

Practice: Natural Object Focus (2–3 minutes)

Choose one natural element nearby, such as:

- A cup of water
- A houseplant or leaf
- Sunlight on a surface
- A stone, shell, or piece of wood
- The air moving through a vent or window

Notice:

- Temperature
- Texture
- Movement or stillness
- Weight or shape

Let your attention rest there. No analysis required.

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2. Window-Based Nature Practice

Windows count. Screens count. Weather counts.

Practice: Observe Without Judgment (3–5 minutes)

Look out a window or doorway.

Notice:

- Light or shadow
- Clouds, rain, or sky color
- Trees, buildings, birds, or passing movement

Silently name what you see, without adding meaning.

Example:

“Gray sky. Wet pavement. Leaves moving.”

This helps shift the brain out of threat scanning, where you are in a state of hyper-arousal, constantly checking for dangers or threats. Observing without judgment helps to bring you into the present moment and to stop ruminating on potential dangers.

3. Five-Minute Nervous System Reset

This practice combines movement, breath, and attention.

Practice: Ground, Breathe, Orient (5 minutes)

Step 1: Ground (1 minute)

Press your feet into the floor. Notice pressure and contact.

Step 2: Breathe (2 minutes)

Inhale normally.

Exhale slowly.

Let your shoulders drop on the exhale.

Step 3: Orient (2 minutes)

Look around and name:

- Three shapes
- Two colors
- One sound

This sequence helps re-establish a sense of safety.

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4. Micro-Nature Breaks for Disrupted Routines

When routines are broken, consistency comes from repetition, not schedule.

Practice: One-Minute Nature Check

Once or twice a day, pause and ask:

- What natural element is present right now?
- Light, air, water, temperature, sound

Notice it for 60 seconds.

That's it.

5. Nature as Co-Regulation (Optional)

If you are with others:

- Sit near a window together
- Step outside briefly if safe
- Share quiet observation rather than conversation

You do not have to process anything out loud.

Important Notes

- If your mind wanders, that's normal
- If emotions come up, that's allowed
- If nothing happens, that's still okay

These exercises are about supporting your nervous system, not achieving a feeling or accomplishing goals or solutions.

Final Reminders

- You are not failing if you feel unsettled.
- Your environment changed suddenly.
- our body is adapting.
- Short, steady contact with natural elements can help rebuild a sense of stability, even in temporary spaces.
- One minute is enough.

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Displacement Coping Worksheets

Practical tools for flood recovery and temporary living situations

How to Use These Worksheets

These worksheets are designed to be a **practical, low-pressure tool** for navigating the stress and disruption caused by displacement after a natural disaster. They are not tests, assignments, or therapeutic homework. Their purpose is simply to help you **track your stress, identify small sources of control, and reduce decision fatigue** during a time when your life may feel unpredictable and overwhelming.

You can use them **quickly**, in short bursts, whenever you have a moment. Even a minute or two of engagement can help you notice patterns in your emotional and physical reactions and make small adjustments to regain a sense of stability. You do **not** need to complete every section or answer every question. Partial answers are valuable and can still provide insight into your current experience.

These worksheets are also meant to be **imperfectly completed**. There is no “right” or “wrong” way to fill them out. Your responses can be messy, incomplete, or even just a few words or checkmarks. The goal is to capture information, not to create polished documentation. Think of it as **noticing what’s happening inside and around you**, not performing for anyone. You don’t have to share them with anyone but yourself.

You may find it helpful to **revisit these worksheets over time**, as your situation changes. Stress levels, available supports, and your sense of control may fluctuate, and the worksheets are most useful when they reflect your current state rather than past feelings.

Importantly, if attempting a worksheet **increases your stress or anxiety**, stop and step away. These tools are meant to support you, not overwhelm you. You can always return later when it feels safer or calmer.

Remember, these worksheets are **practical tools, not a substitute for professional care**. If you feel that your stress is unmanageable, persistent, or worsening, consider reaching out to a licensed therapist or other qualified professional for additional support.

Use these worksheets as small, **intentional moments of awareness and self-support** during an otherwise unpredictable and challenging time. Even minimal engagement can help you notice patterns, find stability, and reduce mental clutter during recovery.

These worksheets are meant to:

- Be used quickly
- Be filled out imperfectly
- Be revisited as needed

You do not need to complete everything.
Partial answers count.

If filling something out increases stress, skip it.

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Worksheet 1: Tracking Stress Signals

Noticing what your body and emotions are doing

After displacement, stress often shows up physically before we notice it emotionally.

Check What Applies Today

Physical Signals (check any):

- ☐ Tight chest or shallow breathing
- ☐ Headaches or muscle tension
- ☐ Fatigue or heaviness
- ☐ Stomach discomfort or appetite changes
- ☐ Trouble sleeping

Emotional Signals (check any):

- ☐ Anxiety or constant worry
- ☐ Irritability or anger
- ☐ Numbness or detachment
- ☐ Sadness or grief
- ☐ Feeling overwhelmed or frozen

Thought Patterns (check any):

- ☐ Racing thoughts
 - ☐ Difficulty focusing
 - ☐ Worst-case thinking
 - ☐ Trouble making decisions
-

One-Question Check-In

Right now, my stress level feels like:

☐ Low ☐ Medium ☐ High ☐ Overwhelming

That's information, not a judgment. You can use it to track your progress and/or recovery over time.

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Worksheet 3: Reducing Decision Fatigue

Because thinking is harder during stress

Displacement creates too many decisions at once. This worksheet helps simplify.

Decisions I Need to Make Today

Write only what truly needs attention today.

If it can wait, it doesn't go here.

Default Choices (Optional)

When you are overwhelmed, making even small decisions can feel exhausting because your brain is already managing high levels of stress, uncertainty, and disruption.

Defaults act as pre-decided choices that remove the burden of constant decision-making, allowing your nervous system to conserve energy and focus on what truly matters in the moment.

For example, having a default meal, a default bedtime routine, or a default way to organize your day reduces mental clutter and prevents decision fatigue from escalating into anxiety or paralysis. Defaults are not permanent solutions; they are temporary supports designed to create a sense of stability and predictability, even in chaotic circumstances.

By relying on simple, pre-determined options, you give yourself permission to let go of perfection, reduce pressure, and maintain functional routines while navigating stress and recovery.

Today, my default will be:

Meals: _____

Clothing: _____

Rest time: _____

Remember: Defaults are not permanent. They are temporary supports. Small change leads to bigger changes.

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Worksheet 4: One-Step Planning

Breaking things down so your nervous system doesn't panic

One-Step Planning is designed to help you manage tasks that feel overwhelming by breaking them into the smallest possible step. When we face multiple responsibilities or disrupted routines, our nervous system can respond with panic, freeze, or avoidance.

This worksheet guides you to identify just one task that needs attention and isolate a single, manageable action to start it. By focusing on one step rather than the entire task or series of tasks, you reduce cognitive load and create a sense of accomplishment without triggering stress. This approach encourages forward movement, even when energy is low or the situation feels chaotic, and reinforces that small, intentional actions are enough to regain control and maintain stability during recovery.

Choose one task you are avoiding or dreading.

Task: _____

Break it into the smallest step possible.

First step: _____

That is enough for now.

Final Notes

- These worksheets are tools, not tests
- You are not behind
- You are responding to disruption and loss

Progress during recovery often looks like:

- Fewer decisions
- More pauses
- Smaller goals

That counts too. Each day ask yourself, "What's the smallest thing I can do today that will make a difference?" Then do that. If you have any energy left after that, then go on to the next thing. Sometimes the answer to that question is "nothing," and that's okay. Small steps lead to bigger change over time.

Reminder

Displacement affects more than housing. It affects attention, energy, and emotional capacity. Using practical tools to reduce overwhelm is a form of self-support, not self-indulgence. Do what you can in the moment. Leave the rest for another time.

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Flood Recovery Grounding Guide

A practical guide for coping after displacement or flooding

This Guide Is For You If:

- ☐ You were displaced, evacuated, or impacted by flooding
- ☐ Your routine, housing, or sense of safety was disrupted
- ☐ You feel overwhelmed, numb, anxious, exhausted, or “not yourself”

You do not need to be calm, positive, or grateful to use this guide.

1. What Trauma Responses Look Like After Flooding

Flooding is not just an inconvenience. It is a **threat to safety**, and your body treats it that way.

Common reactions after flooding include:

- ☐ Feeling on edge, jumpy, or constantly alert
- ☐ Trouble sleeping or frequent waking
- ☐ Emotional numbness or feeling disconnected
- ☐ Anxiety, panic, or racing thoughts
- ☐ Irritability, anger, or snapping at others
- ☐ Difficulty concentrating or making decisions
- ☐ Guilt for needing help or for “having it better” than others

These are **normal stress responses**, not personal failures or mental illness.

Your nervous system is doing its job: trying to protect you.

2. Why Your Body Feels the Way It Does

When flooding occurs, your body shifts into **survival mode**.

This involves:

- ☐ Increased stress hormones
- ☐ Heightened awareness of danger
- ☐ Reduced capacity for rest, focus, and emotional regulation

Even after the immediate danger passes, your body may not get the memo right away.

This can lead to:

- ☐ Feeling unsafe even in calm moments
- ☐ Overreacting to small stressors
- ☐ Feeling exhausted but unable to rest

Nothing is “wrong” with you.

Your system is responding to loss, uncertainty, and disrupted safety the way it is supposed to.

3. Reducing Overwhelm (Without Forcing Positivity)

You do **not** need to:

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- ☐ “Stay positive”
- ☐ “Look on the bright side”
- ☐ “Be grateful it wasn’t worse”

Forced positivity often increases stress. Allow yourself permission to recover.

Instead, focus on **stabilization**, not happiness.

Helpful principles:

- ☐ Small steps matter
- ☐ Neutral is enough
- ☐ Calm can come later

Your only job right now is to help your body feel a little more grounded.

4. Grounding Practices You Can Use Anywhere

These practices are designed for shelters, temporary housing, cars, or hotel rooms.

Practice 1: Five-Sense Check-In (2–3 minutes)

Look around and silently name:

- ☐ 5 things you can see
- ☐ 4 things you can feel
- ☐ 3 things you can hear
- ☐ 2 things you can smell
- ☐ 1 thing you can taste or like about your surroundings

This helps anchor your nervous system in the present moment.

Practice 2: Contact With a Solid Surface

Sit or stand and notice:

- ☐ Your feet on the floor
- ☐ Your back against a chair or wall
- ☐ Your body supported by something solid

Press gently into that surface for 10–15 seconds.

Remind yourself silently:

“I am supported right now.”

Practice 3: Slow Exhale Breathing

You do not need deep breathing.

Try this instead:

1. Inhale normally
2. Exhale slowly, as if fogging a mirror
3. Let the exhale be longer than the inhale

Repeat 5–8 times.

Longer exhales signal safety to the nervous system.

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Practice 4: Name What Is Still Stable

Silently or on paper, name:

- ☐ One thing that has not changed
- ☐ One thing you still have access to
- ☐ One small thing that feels predictable

Stability does not have to be big to be effective.

5. When to Reach for Additional Support

Consider extra support if you:

- ☐ Feel stuck in constant panic or shutdown
- ☐ Are unable to sleep for several nights in a row
- ☐ Feel detached from yourself or others
- ☐ Have thoughts of harming yourself or giving up

Seeking help is a **reasonable response** to an unreasonable situation.

Final Reminders

- Recovery after flooding is not linear.
Some days will feel manageable. Others won't.
- This guide is meant to help you **get through**, not “get over” what happened.
- One moment at a time is enough.

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Nature-Based Stabilization Exercises

Brief grounding practices for flood recovery and displacement

How to Use This Guide

These exercises are designed for people who:

- Have limited or no access to green space
- Are staying indoors, in shelters, hotels, or temporary housing
- Have disrupted routines and low energy

You do not need:

- Meditation experience
- Special equipment
- A quiet or perfect environment

If you can pause for 1–5 minutes, that is enough.

Why Nature-Based Stabilization Helps

Human nervous systems evolved in relationships with the natural world. Even brief contact with natural elements can help signal safety and reduce stress.

Nature-based stabilization is not about relaxation or feeling good.
It is about helping your body feel less overwhelmed.

Small moments count.

1. Sensory Grounding With Everyday Natural Elements

You do not need a forest. Use what is available.

Practice: Natural Object Focus (2–3 minutes)

Choose one natural element nearby, such as:

- A cup of water
- A houseplant or leaf
- Sunlight on a surface
- A stone, shell, or piece of wood
- The air moving through a vent or window

Notice:

- ☐ Temperature
- ☐ Texture
- ☐ Movement or stillness
- ☐ Weight or shape

Let your attention rest there. No analysis required.

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2. Window-Based Nature Practice

Windows count. Screens count. Weather counts.

Practice: Observe Without Judgment (3–5 minutes)

Look out a window or doorway.

Notice:

- ☐ Light or shadow
- ☐ Clouds, rain, or sky color
- ☐ Trees, buildings, birds, or passing movement

Silently name what you see, without adding meaning.

Example:

“Gray sky. Wet pavement. Leaves moving.”

This helps shift the brain out of threat scanning.

3. Five-Minute Nervous System Reset

This practice combines movement, breath, and attention.

Practice: Ground, Breathe, Orient (5 minutes)

Step 1: Ground (1 minute)

Press your feet into the floor. Notice pressure and contact.

Step 2: Breathe (2 minutes)

Inhale normally.

Exhale slowly.

Let your shoulders drop on the exhale.

Step 3: Orient (2 minutes)

Look around and name:

- ☐ Three shapes
- ☐ Two colors
- ☐ One sound

This sequence helps re-establish a sense of safety.

4. Micro-Nature Breaks for Disrupted Routines

When routines are broken, consistency comes from repetition, not schedule.

Practice: One-Minute Nature Check

Once or twice a day, pause and ask:

- ☐ What natural element is present right now?
- ☐ Light, air, water, temperature, sound

Notice it for 60 seconds.

That's it.

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5. Nature as Co-Regulation (Optional)

If you are with others:

- ☐ Sit near a window together
- ☐ Step outside briefly if safe
- ☐ Share quiet observation rather than conversation

You do not have to process anything out loud.

Important Notes

- ☐ If your mind wanders, that's normal
- ☐ If emotions come up, that's allowed
- ☐ If nothing happens, that's still okay

These exercises are about supporting your nervous system, not achieving a feeling.

Final Reminders

- You are not failing if you feel unsettled.
Your environment changed suddenly. Your body is adapting.
- Short, steady contact with natural elements can help rebuild a sense of stability, even in temporary spaces.
- One minute is enough.

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Support for Children and Families

A practical guide for caregivers after displacement or flooding or other natural disasters.

For Caregivers

Children respond to displacement differently than adults. They often show stress through behavior, not words.

This guide is meant to help you support stability without:

- *Over-explaining*
- *Forcing conversations*
- *Expecting kids to “understand” what happened*

You do not need to get this perfect.

1. How Children May Respond to Displacement

Children’s reactions depend on age, temperament, and past experiences.

Common responses include:

Younger children may:

- *Become clingy or fearful*
- *Have trouble sleeping*
- *Regress in behavior (bedwetting, tantrums)*
- *Ask the same questions repeatedly*

Older children and teens may:

- *Withdraw or seem “fine”*
- *Become irritable or argumentative*
- *Have difficulty concentrating*
- *Avoid talking about what happened*

These reactions are normal responses to disrupted safety.

2. What Helps Most Right Now

Children feel safer when:

- *Adults remain predictable, even if the environment is not*
- *Explanations are simple and repeated*
- *Emotions are allowed but not amplified*

*You do not need to fix their feelings. You need to help them feel **not alone**.*

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3. Simple Co-Regulation Activities

Calming together without long conversations. Co-regulation means helping a child calm by being calm and present yourself.

Activity: Sit and Breathe Together (2 minutes)

- Sit near your child.
- Breathe slowly
- Let your shoulders relax
- Say nothing, or quietly say, “We’re breathing together.”

Your nervous system helps regulate theirs.

Activity: Pressure and Support

If your child is comfortable with touch:

- Sit shoulder to shoulder
- Offer a hug or firm hand-hold
- Use a blanket or jacket for weight

Ask first. Respect “no.”

4. Nature-Based Calming Exercises for Families

You do not need outdoor adventures. Use what’s available.

Exercise: Window Watching (3–5 minutes)

Sit together and look out a window.

Quietly notice:

- Weather
- Light or clouds
- Movement

You can say:

“I see the rain moving.”

No discussion required.

Exercise: Nature Sounds

If accessible:

- Open a window briefly
- Listen to rain, wind, or birds
- Or play recorded nature sounds

Sit quietly together for a minute or two.

Exercise: Nature Scavenger (Indoor Version)

Ask your child to find:

- Something smooth
- Something that reminds them of water

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- *Something that feels warm or cool*

This redirects attention without forcing calm.

5. What to Say (and What Not to Say)

Helpful:

- *“That was scary.”*
- *“We’re together.”*
- *“You’re safe right now.”*

Less helpful:

- *“Don’t worry.”*
- *“Everything will be fine.”*
- *“Be grateful.”*

Honest and simple beats reassuring but untrue. Validate your child’s feelings by letting them know there’s no such thing as a “wrong” feeling. It’s okay to be anxious or scared.

6. When to Seek Extra Support

Consider reaching out for help if your child:

- ☐ *Has ongoing sleep disruption*
- ☐ *Shows extreme fear or withdrawal*
- ☐ *Talks about harming themselves*
- ☐ *Seems disconnected for weeks at a time*

Getting support is protective, not overreacting.

Final Reminder for Caregivers

You are also impacted by this. You cannot regulate perfectly if you are depleted. Small moments of steadiness, repeated over time, help children recover. Don’t forget to take time to care for yourself as well! You are doing enough.

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Flood Recovery: Community & Connection Worksheet

Purpose: This worksheet helps you reconnect with your community, rebuild relationships, and engage in supportive, healing activities after a flood or other natural disaster. Partial completion is still progress. Use it at your own pace. The goal is to be useful to you in finding and developing community supports.

1. Assess Your Current Connections

Think about the people in your life and community. Who have you been able to connect with since the flood? Who might you want to reconnect with? Why?

| Name | Relationship | Notes / Feelings About Reconnecting |
|------|--------------|-------------------------------------|
| | | |
| | | |
| | | |
| | | |
| | | |

Reflection: How did it feel to write this down? Are there relationships you've been avoiding? Why?

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2. Identify Your Support Needs

List the types of support you need right now—emotional, practical, or informational. Use the *Crisis and Recovery Resources for Washington State* in the next section if necessary.

| Type of Support | Who Can Help | How Will You Reach Out? |
|-----------------|--------------|-------------------------|
| | | |
| | | |
| | | |
| | | |
| | | |

Tip: Even a brief text or phone call counts as connection. Mindful attention to your feelings is part of the process. Remember there’s no such thing as a “wrong” feeling. It’s okay to feel overwhelmed after a crisis. You don’t have to do it all alone.

3. Plan Collective Healing Activities

Consider ways you can engage with your community in meaningful ways that support both people and the environment.

| Activity | Who Can Join | When / Where | Mindful Purpose |
|----------|--------------|--------------|-----------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

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Examples:

- ☐ Community clean-up of a park or riverbank
- ☐ Shared meals or potlucks for neighbors
- ☐ Guided nature walks or journaling circles

Reflection: How might participating in these activities support your own healing as well as the community's?

4. Small Steps Toward Reconnection

Write down three simple actions you can take in the next week to foster connection to your community:

1. _____
2. _____
3. _____

Mindfulness Tip: Notice your body and emotions as you take each step. Pause and breathe before and after each action. Observe and describe your feelings to yourself. How might reconnecting to your community support you? How might you support others?

5. Gratitude & Acknowledgment

Flood recovery is hard work. Take a moment to acknowledge yourself and others for the effort it takes to reconnect. Use the questions below to help you to reflect.

One thing I am grateful for in my community:

One way I noticed growth in myself this week:

Reminder: Progress is not perfection. Connection takes time, and every small step counts. Remember to focus on solutions, and not just problems.

After a Disaster: Flood Recovery Resource Kit

Crisis and Recovery Resources for Washington State

Quick reference list for displaced residents

1. One-Stop Resource Access

WA 211 – Free Support and Referrals

Call **211** (or **1-877-211-9274**) to connect with a trained specialist who can help you find:

- *Emergency shelters*
- *Food pantries*
- *Utility and rent assistance*
- *Housing support*
- *Mental health services*
- *Disaster-specific resources*

This service is free, confidential, and runs in multiple languages. [WA 211](#)

Text Option: Text **211WAOD** to **898211** for support. [WA 211](#)

2. Immediate Disaster Relief

American Red Cross – Washington Flood Assistance

Phone: **1-800-RED-CROSS (1-800-733-2767)**

The Red Cross helps with:

- *Emergency shelter and food*
- *Basic health services*
- *Emotional support in shelters*
- *Some financial assistance for qualifying damage*

Services are available regardless of citizenship status. [American Red Cross](#)

Disaster Distress Helpline

Phone or Text: **1-800-985-5990**

24/7 emotional support for distress related to flooding or other disasters. Counselors listen and offer coping tips and referrals. [SAMHSA](#)

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3. Mental Health Crisis Support

988 Suicide & Crisis Lifeline

Call or text **988** any time for mental health, substance use, or emotional crisis support. This line is free and confidential. [Washington State Health Care Authority](#)

Local Behavioral Health Crisis Lines

If you are in crisis and want local connection, each region has its own number (still available 24/7):

- North Sound (Whatcom, Snohomish, etc): **1-800-584-3578**
- Pierce County: **1-800-576-7764**
- King County: **1-866-427-4747**
- Southwest (Clark, Klickitat, etc): **1-800-626-8137**
- Spokane area: **1-877-266-1818**

And others by county — call 988 for regional routing or check local listings. [Washington State Health Care Authority](#)

4. Statewide Support Programs

Washington State Emergency Outreach (North Sound Listens)

Emotional support services for residents following flooding and disasters. Available by phone and email Monday–Friday, with interpretation services. [Washington State Health Care Authority](#)

Apple Health (Medicaid) Mental Health Services

If you have Apple Health coverage, you can access behavioral health supports, including crisis and outpatient services. Contact your managed care plan or **HCA at 1-800-562-3022** for help. [Washington State Health Care Authority](#)

5. Housing and Financial Recovery

Emergency Sheltering Services

- Call **211** to locate open shelters near you (temporary housing, food, basic needs). [WA 211](#)
- Red Cross shelters may be available even if you don't plan to stay overnight. [American Red Cross](#)

Mortgage and Housing Assistance

- If flood impacts make mortgage payments difficult, contact your lender immediately.

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- For questions about insurance or housing support, Washington's Department of Insurance Consumer Hotline **800-562-6900** can help. [WA Dept of Financial Institutions](#)

Emergency Financial Relief and Guidance

- Red Cross financial aid (no repayment required) for qualifying damage. [American Red Cross](#)
- **WA 211** can connect you to rent and utility assistance programs. [WA 211](#)
- Beware of scams offering "quick fix" disaster aid — verify organizations before sharing personal info. [WA Dept of Financial Institutions](#)

Emergency Rapid Response Grants (Community Support)

State program that helps restore essential services after disasters such as floods, including food, shelter, water, and power continuity in communities. [Washington State Department of Commerce](#)

6. Additional Support

Peer Support and Recovery Options

Washington Recovery Help Line offers confidential emotional support and referrals for behavioral health, substance use, and local services. Search "Washington Recovery Help Line" for details. [Washington State Health Care Authority](#)

National Support for Disaster Distress

Same helpline (**1-800-985-5990**) provides crisis counseling for disaster-related stress across the U.S. [SAMHSA](#)

Quick Reference Numbers

- **Emergency: 911**
 - **211 Resource Line: 211 or 1-877-211-9274** [WA 211](#)
 - **Crisis Support: 988** [Washington State Health Care Authority](#)
 - **Disaster Distress: 1-800-985-5990** [SAMHSA](#)
 - **Red Cross Flood Help: 1-800-733-2767** [American Red Cross](#)
 - **Apple Health Support: 1-800-562-3022** [Washington State Health Care Authority](#)
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Note: Resources and phone numbers may change as recovery efforts evolve. When in doubt, calling **211** will help you get up-to-date, locally relevant support.

After a Disaster: Flood Recovery Resource Kit

About This Guide

The After a Disaster: Flood Recovery Resource Kit from the Mindful Ecotherapy Center, PLLC is a comprehensive guide designed to support individuals and families affected by flooding in Washington State. This resource kit provides practical tools to help manage stress, track emotional and physical responses, and find stability during displacement or recovery. The kit includes grounding exercises, nature-based practices, co-regulation strategies for families, coping worksheets, and curated lists of local disaster, housing, and mental health resources. Each component is written in clear, accessible language and is intended to be used at your own pace, without pressure or expectation.

The kit emphasizes mindfulness-based ecotherapy, a trauma-informed approach that uses simple mindfulness, nature connection, and self-regulation practices to reduce overwhelm and support emotional and nervous system balance. These practices can be adapted for indoor, urban, or temporary living environments and are suitable for adults, caregivers, and children alike.

Residents of Washington State who wish to receive additional support can access teletherapy sessions with Charlton Hall, MMFT, PhD. Teletherapy allows individuals to connect safely from home or temporary housing, ensuring continuity of care even during displacement. Dr. Hall accepts a range of insurance providers, including:

- **Blue Cross Blue Shield**
- **Regence**
- **Aetna**
- **Cigna**
- **UnitedHealthcare**
- **Washington State Apple Health (Medicaid)**
- **Self-pay options for those without insurance coverage**

For more information about the Flood Recovery Resource Kit or to schedule a teletherapy session, contact the Mindful Ecotherapy Center:

Website: www.mindfulecotherapy.org

Phone: (253) 392-6592

Email: chuck@mindfulecotherapy.com

The Mindful Ecotherapy Center is committed to providing **compassionate, trauma-informed support** to individuals and families recovering from the challenges of floods and other natural disasters. The resource kit is free, practical, and designed to empower you with tools for safety, stability, and emotional well-being during this difficult time.