

Personal Safety Nets® News

September 2008 - Being Prepared Reduces Stress

IN THIS ISSUE

[I don't want stress - I want solutions](#)

[Tip of the month: Dealing with disasters](#)

[Q & A: If I have only seconds to evacuate - what would I do?](#)

[Hear John & Judy Speak](#)

Dear Linda,

Have you read our book? Found it useful? We invite you to go to Amazon.com and post a brief review. This will help others learn about the book when they need it most. It may be just the nudge or support or information that helps them avoid a crisis when a change or challenge comes their way.

[Post a book review on Amazon](#)

I don't want stress - I want solutions!

Keith and his wife, Heather, were expecting a baby. **What they weren't expecting was that Heather would need to stay in bed for half of the pregnancy.** Each of them ran a successful landscaping business and the stresses on daily routines, concerns about the health of mom and unborn baby, how financial obligations could be met, and how Heather's business could be kept alive were keeping both up at night. When Heather said that **she needed to find a way to relax and reduce the stress**, Keith exclaimed that **what he needed were answers.**

Keith **enlisted family and friends**, asking them to help him figure out some ways to deal with each of their worries. Here are some of the solutions, big and small that they discovered & enjoyed:

1. On-line shopping for groceries, with a schedule of some delivered meals
2. Wireless Internet and a new cell phone so Heather could run the business from her bed
3. A bed table and tray so she could keep files & materials at hand
4. A year of weekly housecleaning (donated by friends) and a no-clutter rule that Keith instituted for himself
5. A daily lunch dropped off by family members that allowed them to check on Heather in the process.
6. Doggy daycare three times a week to keep pooch and the couple sane

When the baby was born, a bit early, but healthy and strong, both parents knew that the effort they'd put in had been well worth it. **Having answers** had allowed them to **reduce their stress levels**, and they are now great resources for others who wonder "how will we do it all?" -- **not alone, but by enlisting a team!**

Tip of the Month: Dealing with Disasters

There is little worse than the thought of losing your home or business. Whether it's to a flood or fire, or the imminent landfall of a hurricane, losing your home is a dreadful thought. **Preparations, thoughtfully made, will ease the stress.**

1. Prepare an escape plan. Have several ways to contact everyone. Print it out, as well as having e-versions. Keep it updated.
2. Identify who lives elsewhere that you can call, and where you plan to meet if you are separated.
3. Pets? Think through how to best care for them - can they evacuate with you in a pet carrier? Can they be set loose?
4. Draft or update your will, assign power of attorney for financial and legal affairs, and also for medical issues. Talk to the people who you'd want to hold these positions for you.
5. For your data, finances, insurances, records, have a list of what exists, a location where lists are kept that is fireproof/off-site, and who has access. Our workbook pulls all of this together. Again, keep this information in several forms and in several places.

Q. If I have only seconds to evacuate my house, what would I grab?

A. Last summer, while in Ketchum, Idaho, John saw half of the town - including the hospital -- given one hour to evacuate due to the wildfires. A close friend had her two dogs, dog food, family pictures and her purse in her car. She said later that she would have liked her tooth brush, checkbook and change of clean underwear.

Do you know what you would grab? For Linda, it would be the **new Personal Safety Net Workbook: Get Ready / Get Started**. With this filled out, she'd have the information she'd need to keep her life on an even keel. Along with that, she'd throw into a pillow case a small collection of framed family photos, special keepsake jewelry, address book, change of clothes and toiletry kit. She'd grab her precious cat in the kitty carrier case, along with pet food and water.

1. Think about what you'll need tomorrow.
2. List the items you'd grab and where they are.
3. Decide in advance what's irreplaceable and what isn't.

By having a plan in place, it can reduce your stress level and allow you to think more clearly in a very stressful, changing environment.

Fall Events Open to the Public

You asked, "where can I hear John and Judy speak?" "How can I learn more?"

Here are some of the upcoming possibilities.

Find out more on our website: [Events](#)

Bring Order to Your Life

Judy will lead an interactive and personal two-month class. Held at the Senior Center of West Seattle. [Event](#)

Getting to the Life You Meant to Have

Join a four-session class led by Judy at the UW this fall. By using personal experience, synergy and the collective IQ, we'll end up with a personal plan by the end of the class. [Event](#)

Long Term Care Ethics

John Gibson's keynote speech on long term care ethics will detail some of the complexities and suggest ways to navigate them while holding quality of care in mind. Washington State Residential Care Conference.

[Event](#)

Communicating Across Multiple Generations

John Gibson will present some keys to understanding each generation's values and communication styles.

[Event](#)

QUICK LINKS

[Table of Contents](#)

[Order the book](#)

[Useful links and resource list](#)

[Join Our Mailing List!](#)

Being prepared and seeing that you're making choices alleviates stress. Take time to build, update, or finalize your own Personal Safety Net and then relax at night.

Have ideas to share? Feedback on our newsletters? We'd love to hear from you. Hit reply and let us know.

Your Personal Safety Net Team,

Judy, John and Linda
Personal Safety Nets

[More About John](#)

[Order the Book](#)

[More about Judy](#)