



A Framework for Total Preparedness

Total preparedness means being able to provide for your needs as much as possible in any given circumstance. It consists of three areas: personal preparation, material provisions, and financial resources. This chapter looks at each area and helps you determine what type of planning you need to do.

Personal Preparation

The argument can be made that personal preparation is the most important aspect of being ready for the unforeseeable. It includes your physical and mental health, your mindset and attitude, and your knowledge, skills, and experience. It can be the difference between living as a survivor or perishing as a victim.

Physical Health

Survival both during and after a crisis may depend on your physical health. This is just one more reason to live a healthy lifestyle as recommended by health and fitness experts. It is not a new idea but a good time to reflect upon what you might need to change.

Build up your general physical condition and stamina now by developing good health practices. Diseases that currently do not pose a public health threat may become a concern in future situations. Be sure to get your diphtheria immunizations and tetanus boosters every five to ten years.

Mental Health

Perhaps more than any other thing, survival depends on your state of mind. Major crises create stress for everyone, and how you react can make all the difference.

QUICK CHECK

Living a Healthy Lifestyle

- ✓ Am I eating a healthy diet and in my correct weight range?
- ✓ Do I exercise regularly?
- ✓ Do I get adequate rest?
- ✓ Do I get regular checkups?
- ✓ Am I current on immunizations, especially tetanus, diphtheria, and pertussis?
- ✓ Is all dental work current?
- ✓ Do I have regular vision and hearing screenings?
- ✓ Am I caught up on any elective surgeries?
- ✓ Am I careful not to be dependent on drugs and medications?

FIVE THINGS YOU CAN DO NOW

- 1 Use the Quick Check "Living a Healthy Lifestyle" to evaluate areas of strength and weakness.
- 2 Make a list of skills you would like to learn.
- 3 Purchase a book about a survival skill you would like to learn.
- 4 Read a fiction or biographical book about personal survival.
- 5 Acquire a small reserve of cash in small denominations and make sure it is secure.