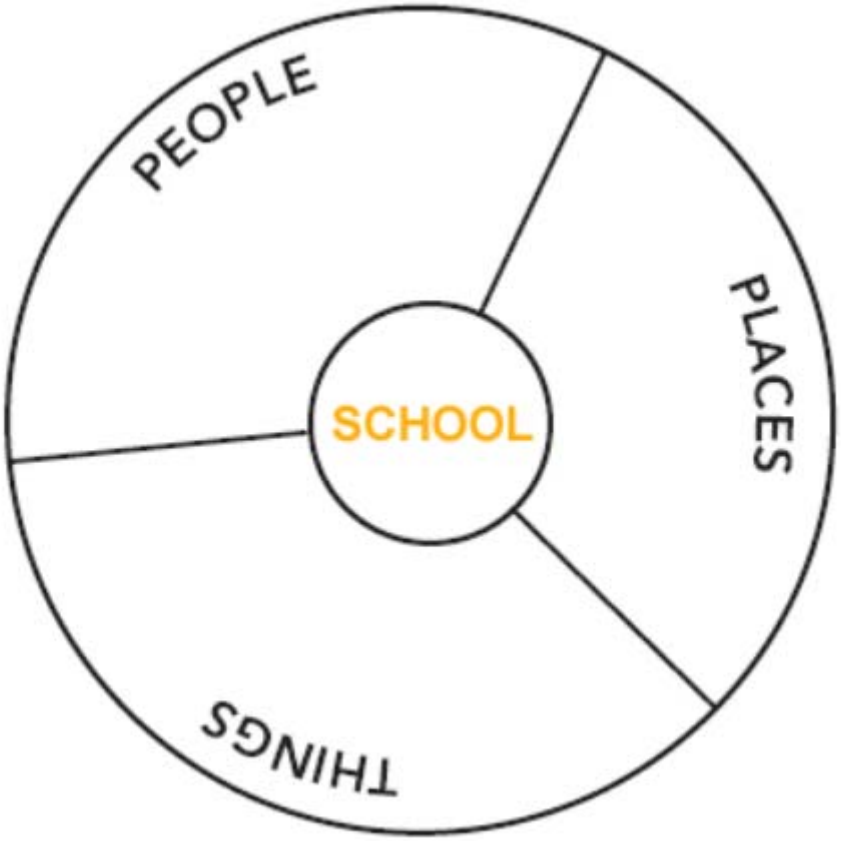
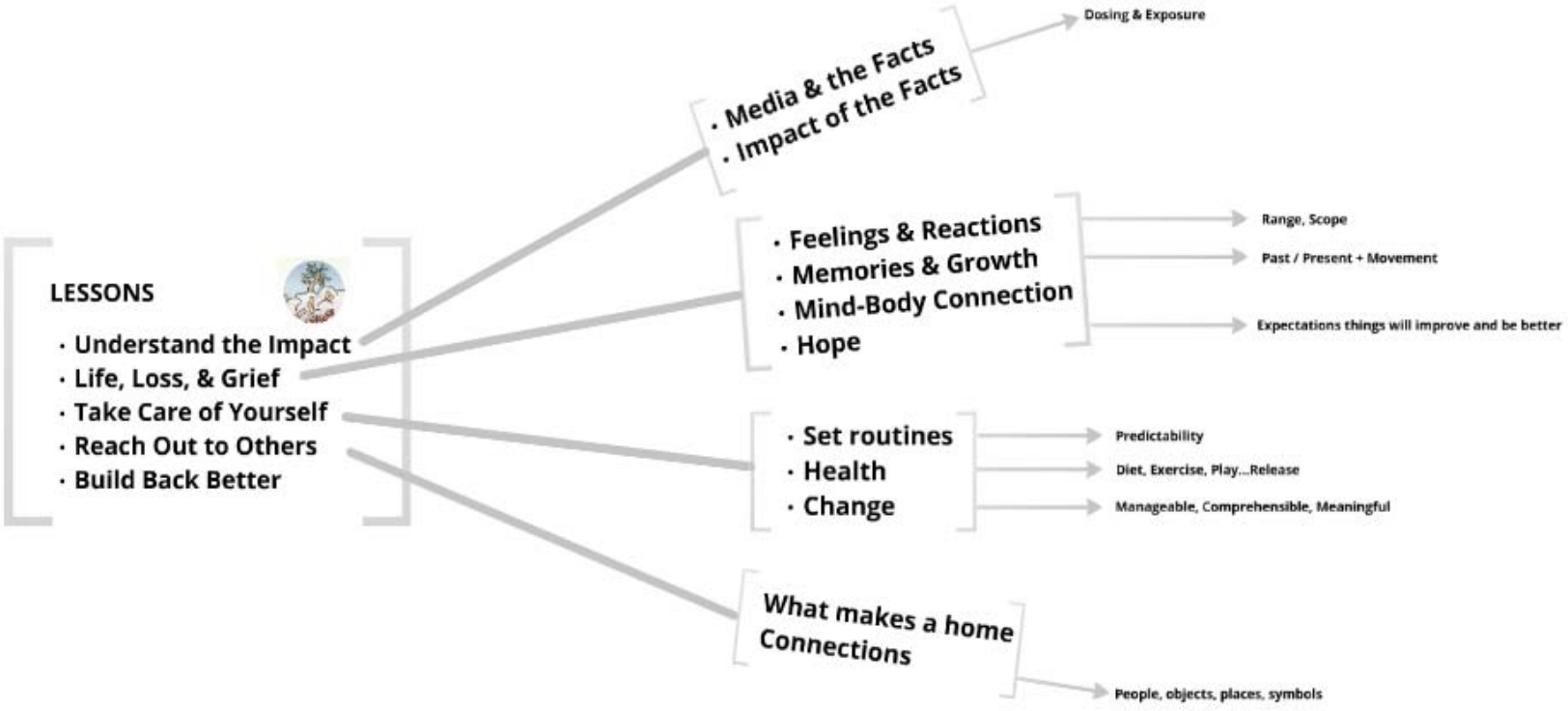
In the Aftermath

A Tornado Hits a School in Indiana

Earthquake Aftermath


THINGS
SCHOOL
PLACES
PEOPLE


LESSONS
· Understand the Impact
· Life, Loss, & Grief
· Take Care of Yourself
· Reach Out to Others
· Build Back Better
· Media & the Facts
· Impact of the Facts
Dosing & Exposure
· Feelings & Reactions
· Memories & Growth
· Mind-Body Connection
· Hope
Range, Scope
Past / Present + Movement
Expectations things will improve and be better
· Set routines
· Health
· Change
Predictability
Diet, Exercise, Play...Release
Manageable, Comprehensible, Meaningful
What makes a home
Connections
People, objects, places, symbols