

What Makes Disastershock Unique and Valuable

- *Is your child suffering from stress caused by the Covid-19 pandemic?*
- *Are your family members becoming irritable with each other because they are having to stay at home?*
- *Are family members feeling worried and tense about what is happening now and what might happen next?*

Disasters have a way of making everyone feel tense and it is often hard to calm oneself.

[Disastershock: How to Cope with the Emotional Stress of a Major Disaster](#) is a free book that can be helpful in lowering your stress and the stress experienced by your children and other family members.

This book contains 24 different practical stress-reduction exercises for parents, adults, and children. The exercises are described in a clear, step by step fashion that makes implementing them easy. The majority of the exercises are based on extensive research demonstrating their effectiveness in reducing strong stress.

Part 1 of the book presents 10 ways parents and adults can effectively lower stress. This is very important for parents and guardians. If you can calm your feelings of stress, this will have a positive effect on your children. A variety of stress-reduction exercises are described because we believe that “one size does not fit all.” By trying different stress reduction exercises you are more likely to find one that works best for you. There are stress reduction exercises that focus on controlling your breathing or relaxing your muscles. There are also stress reduction exercises that focus on changing your thoughts from disturbing to peaceful. Other exercises emphasize taking some effective action that helps you to get “unstuck.”

Part 2 contains 14 exercises to help your child lower stress. Each approach is described with clear examples of how to help your child. Do you know how to identify when your child is stressed? Do you know how to reassure your child when your child is upset? This section highlights skills on how to talk to your child in ways that will get your child to share her or his feelings with you. Several effective art therapy approaches are described that can be used with children.

The methods to lower your child’s stress are described in detail. These include approaches based on calming your child’s breathing and relaxing muscles, as well as effective approaches for helping your child to reduce anxious thoughts and develop a more positive attitude. There is also an exercise for how to hold a Family Meeting to discuss problems and find solutions.

Part 3 contains links to useful internet resources and videos.

Some of the comments by mental health experts who have reviewed Disastershock are:

“This book (manual) is brilliant in its clarity and simplicity, with easy to follow evidence-based procedures on how parents can immediately help their child/children facing a major disaster.” Teresita A. Jose, Ph.D., R. Psych., Psychologist, Calgary, Alberta

“This is an excellent book and a much needed one as it provides a simple and practical guide to handling emotional shock from disaster. Children are voiceless in time of disaster and the impact can be lifelong. I

congratulate the authors for making a difference by sharing their skills and techniques in empowering children and youth.” Professor Cecilia L.W. Chan, Ph.D., Department of Social Work and Social Administration, The University of Hong Kong, Hong Kong (SAR).

The authors of this book are mental health professionals who experienced a major disaster ourselves. We have used the exercises we are recommending to you and we have found them personally helpful. *Disastershock: How to Cope with the Emotional Stress of a Major Disaster* is available for free download at disastercopingresources.com.