

Floods

Tips and Tools:

American Psychological Association:

- **Manage Flood-Related Distress by Building Resilience**
Outlines steps one can take to reduce stressful emotions in the midst of flood-related chaos by strengthening one's resilience.
<http://www.apa.org/helpcenter/flood-distress.aspx>
- **Strengthening Your Emotional Well-Being Ahead of the Flood**
Tips about simple and effective ways to manage flood-related fears and anxiety.
<http://www.apa.org/helpcenter/flood-preparation.aspx>

Kansas State University:

- **Flood of Emotions Article Series**
Published by Kansas State University, these three fact sheets address the psychological effects of floods and are aimed at helping those affected. Includes tips on how to deal with your emotions after the flood and how to handle children who might be suffering emotionally.
<http://www.ksre.ksu.edu/bookstore/pubs/MF1127.pdf>
<http://www.ksre.ksu.edu/bookstore/pubs/mf1154.pdf>
<http://www.ksre.ksu.edu/bookstore/pubs/mf1129.pdf>

Project Recovery Iowa:

- **Coping with the Floods**
A document that explains how to protect oneself and one's family during a flood. Offers tips and strategies on how to prepare for and cope with a flood.
http://dhs.iowa.gov/sites/default/files/7_CopingwithAftermathofaFlood.pdf
- **Coping with the Aftermath of a Flood**
Offers tips and techniques on how to cope with the aftermath of a flood.
<http://www.dhs.state.ia.us/docs/ProjectRecoveryCopingwithAftermathofaFlood.pdf>
- **Flood Aftermath- Helping Your Children**
These factsheets provide assistance in knowing how to cope and how to get help.
<http://www.dhs.state.ia.us/docs/ProjectRecoveryFloodAftermathHelpingYourChildren.pdf>

RedRiverResilience.com:

- **How to prepare for a possible flood emotionally**
Follow the three C's of resilience – stay calm, connected and in control.
<http://redcross.areavoices.com/2013/03/21/how-to-prepare-for-a-possible-flood-emotional/>
- **Red River Flooding: Preparing yourself emotionally (with Minn-Kota Red Cross chapter)**
A YouTube video featuring DRN member Kit O'Neill, PhD taking about strengthening your resilience ahead of the floods.
<https://www.youtube.com/watch?v=vQNbFV4R91s>
- **Psychological Impacts of Flooding: Resiliency in the Red River Valley**
Three presentations:
 - o Picking Up the Pieces: The Psycho-Social Impact of Disasters (video and PP)

- Breathing Under Water: Sustaining Resiliency (video and handout)
- Floods, Oil Spills, Tornados: The Psychology of Resilience! (PP only)

<http://sph.umn.edu/ce/trainings/redriver/>

Professional Journal Articles:

Health & Place:

- **Flooded Homes, Broken Bonds, the Meaning of Home, Psychological Processes and Their Impact on Psychological Health in a Disaster**

A qualitative research study in England of flood victims and workers that assessed the flood's social and health impacts. Also, phenomenological and transactional perspectives are utilized to analyze the psychological processes (identity, attachment, alienation and dialectics) underlying the meaning of home and their impact on psychological health.

<http://www.ncbi.nlm.nih.gov/pubmed/18996730>

Psychology, Health & Medicine:

- **The Psychological Impact of Exposure to Floods**

The aim of this study was to examine the psychological impact of flooding in the UK.

<http://www.ncbi.nlm.nih.gov/pubmed/20391225>

Articles:

Canadian Red Cross Talks Blog:

- **Progress after the Alberta floods**

The Alberta floods triggered the largest domestic disaster response the Canadian Red Cross has undertaken in its 104-year history, and it plans to continue working with affected people and communities for the long term.

<http://www.redcross.ca/blog/2014/3/progress-after-the-alberta-floods>

CTV News Calgary:

- **Anniversary of Natural Disaster Brings a Flood of Emotions**

As the one year anniversary of southern Alberta's historic flooding approaches, mental health experts say flood victims may experience feelings of anxiety and depression.

<http://calgary.ctvnews.ca/anniversary-of-natural-disaster-brings-a-flood-of-emotions-1.1875387>