



Psychology Week 2024
13th - 19th May

Peace of Mind and Wellbeing Around Natural Disasters

1. Peruse

Get to know the natural hazards you may have in the areas in which you live work and play.

2. Plan

Talk with family, whanau, flatmates and make a plan. Where will you go, where will you meet, how will you contact each other?

3. Prepare

Every step you take to be better prepared will help. Consider doing a “hazard hunt” to locate items that could fall in an earthquake.

4. Practice

Sign up for the national ShakeOut earthquake drill and tsunami hikoi here: <https://getready.govt.nz/invovled/shakeout>

5. Patience

After a natural disaster, everyday life and services will be disrupted. Being patient with others and with yourself will be important.

These tips are based on by research by Dr Lauren Vinnell and her colleagues from Massey University Joint Centre for Disaster Research. To read more and get access to resources [click here](#).

Find more local and online events at:
psychology.org.nz/public/psychology-week