

52 Emotional Wellbeing Tips for Disasters and Emergencies playing cards

Give your body and brain a break from the stressful situation(s) you might be experiencing such as waiting out a storm, waiting for assistance, in a reception center or living in a temporary shelter. These cards offer a simple way to distract you from your stressors and encourage you to connect with others. Each deck of cards contains messages about connecting, preparing, responding and recovery.



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