

Household Continuity



Be Physically Ready:



- Stock up on water, food, medicine & first aid supplies.
- Keep flashlights, batteries, power bank & emergency radio.
- Learn basic first aid & home repair skills.



Be Financially Prepared:

- Save for emergencies & pay down debts.
- Create a budget and track expenses.
- Keep cash on hand & documents secure.



Be Spiritually Grounded:

- Practice gratitude & mindfulness.
- Stay hopeful, positive & resilient.
- Build inner strength through uplifting & encouraging thoughts.



Be Mentally Steady:

- Practice mindfulness & stress management.
- Stay informed & adaptable to change.
- Make realistic plans & maintain routines.



Be Together as a Family:

- Communicate openly & involve everyone.
- Make joint plans & work as a team.
- Support, encourage & protect each other.

STAY STEADY • STAY PREPARED • STAY FAITHFUL