

## Nagoya University Researchers' Group for Mitigating Psychological Impact after Disaster

We have been implementing an educational program for minimizing psychological effects from disasters



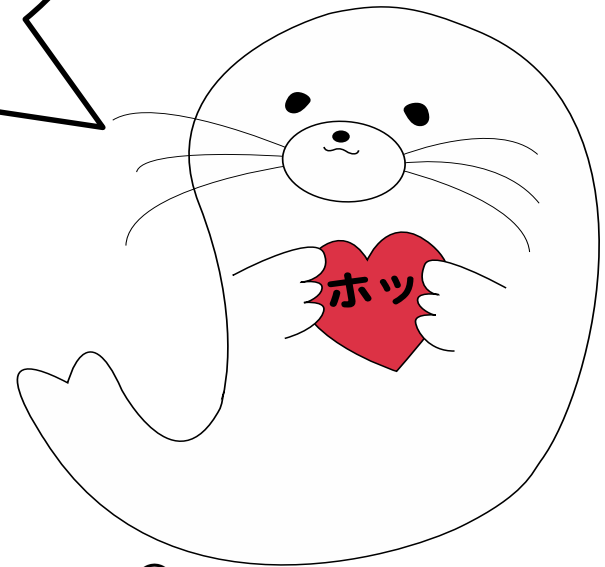


# Index

When a large earthquake occurs,

- 1. How does it affect our lives?**
  - 2. How can we calm our minds ?**
- 

Hi, I'm Hott-Sei.  
Let's learn how to  
remain calm  
together!



®

Hott-Sei

# Does it truly matter to our town?



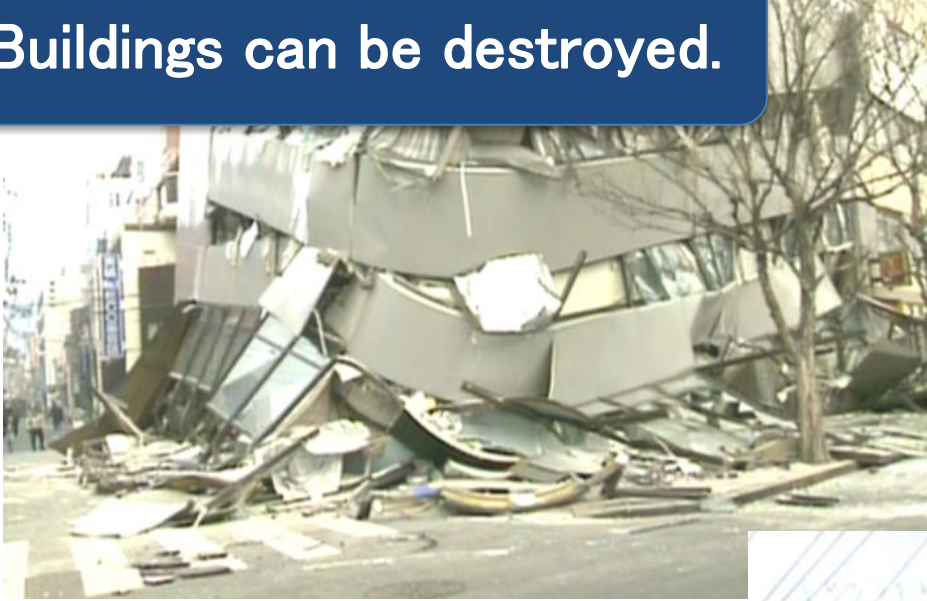
Earthquakes occur in Japan  
**FREQUENTLY!**

Aichi is the area where a large earthquake has  
not occurred in the past 70 years.

**An earthquake can occur tomorrow.**

# If an earthquake occurs...

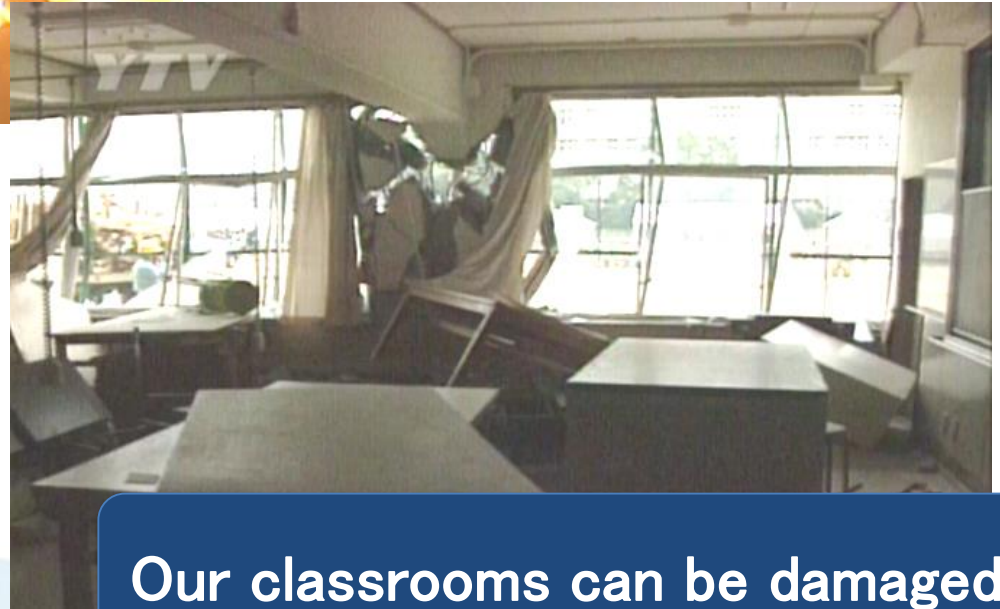
Buildings can be destroyed.



Trains can break down.

# If an earthquake occurs...

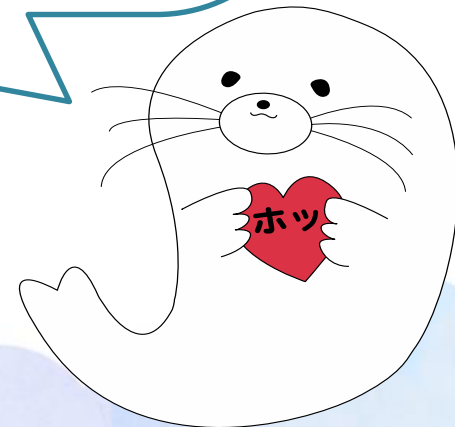
Fires can break out.



Our classrooms can be damaged.

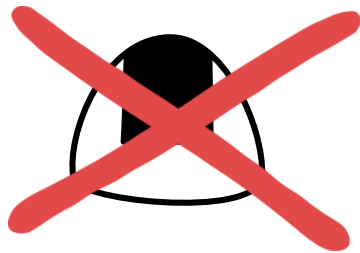
**But you can protect yourself  
by understanding and preparing  
for an earthquake.**

**So, let's learn what we can do  
BEFORE occurring an earthquake!**



# 1. How does it affect our lives?

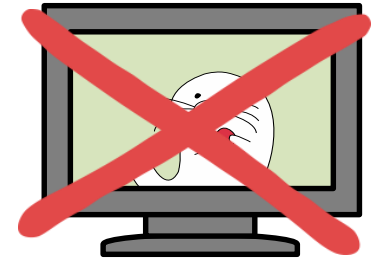
If an earthquake occurs...



**Food**



**Water**



**Electricity**

What should we do then?







**Food**

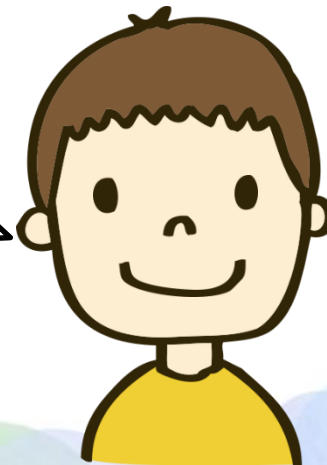


**Water**



**Batteries**

We should prepare for an earthquake.



# If an earthquake occurs...



Trapped in Your House

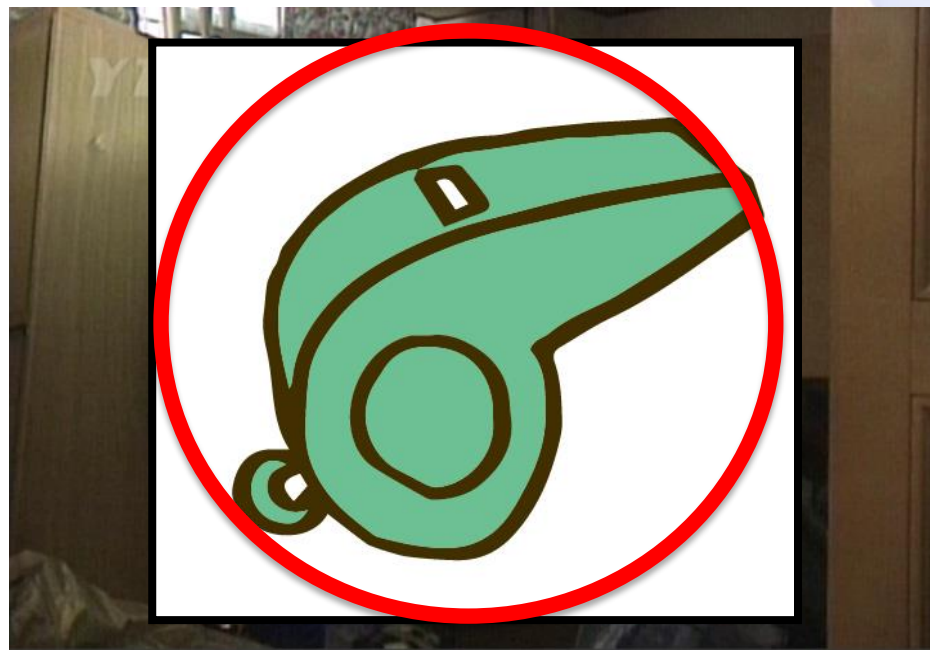


Under Furniture





Anchor Furniture



Whistles



**Then, let's think about what we  
can do **AFTER** occurring an  
earthquake!**



Earthquake Early Warning sound will be played when a big earthquake is predicted.



**Earthquake  
Early Warning**

**Earthquake  
Early Warning**



# Secure yourself FIRST!



**DROP!**



**COVER!**



**HOLD ON!**

# Extremely stressful experience

Being gravely  
Injured

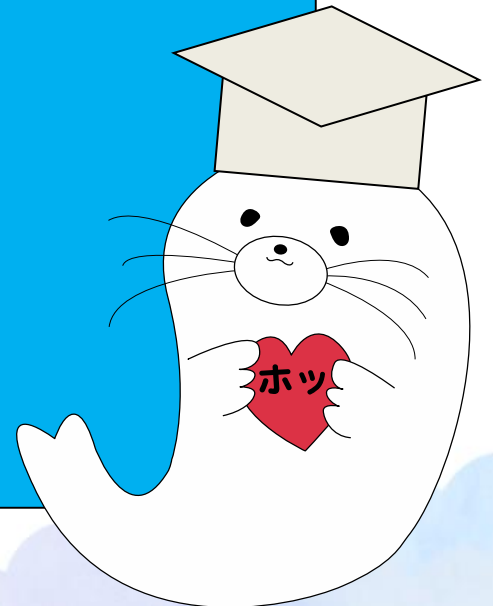
Experience a  
life threatening  
event

Witnessing  
a gruesome  
scene

When you get frightened,  
your mind and body change.  
(Acute Stress Reaction)

\* Changes in the body \*

- Heartbeats
- Shivering hands and legs
- Respiratory failure
- Headaches
- Stomachaches
- Refusing food
- Sleeplessness





When you get frightened,  
your mind and body change.  
(Acute Stress Reaction)



\* Changes in the mind \*

- Feeling fear
- Being in a daze
- Sadness
- Being irritated
- Forgetting things
- Having clear memories of scenes of tragedies

Not only the time immediately  
after the earthquake, but also...

The time following it can be stressful.

Food may run out.

Water may stop running.

Electricity may stop working.

You cannot lead your usual life.

You may have to live in a shelter.

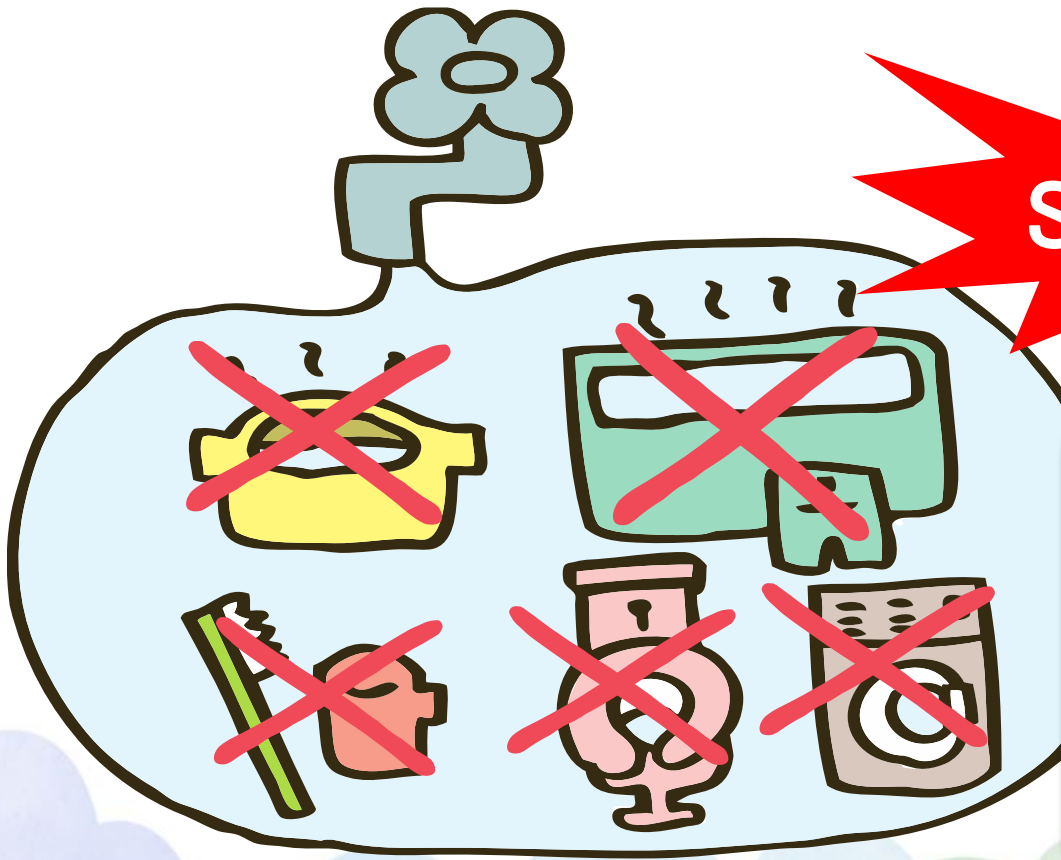
# What is a shelter?

This is a gymnasium in a school.



# Life in a shelter

All people will likely be panicked,  
and will experience inconvenience.



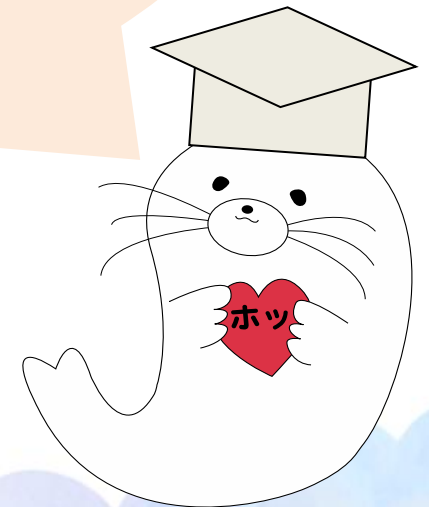
**Stressful**

The unique stress  
of group life

- Privacy problems
- Noise

# However...

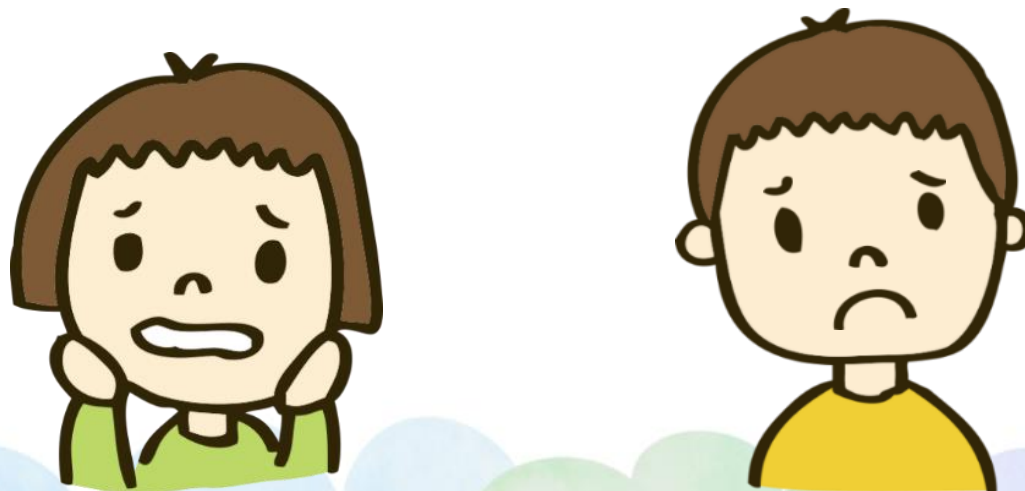
These are normal reactions when unusual events occur. Anyone can have a “Stress Reaction”.



## 2. How can we calm our minds?

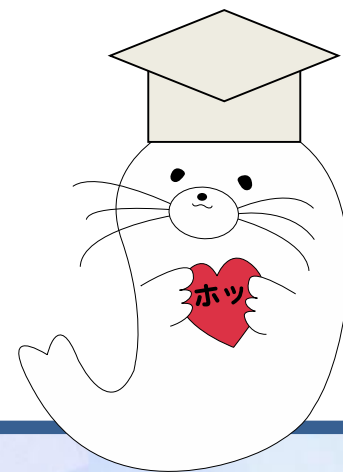
You can feel various stresses  
if an earthquake occurs.

How can we cope with the stress?

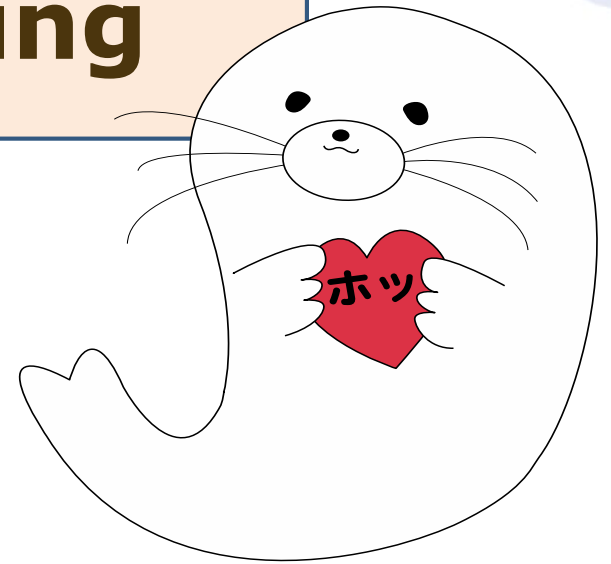


When you live an unfamiliar life, you may feel your body and mind tense up, and parts of your body may hurt, or you can't sleep.

In such cases, it's important to relax your body and mind.



# 10 seconds breathing



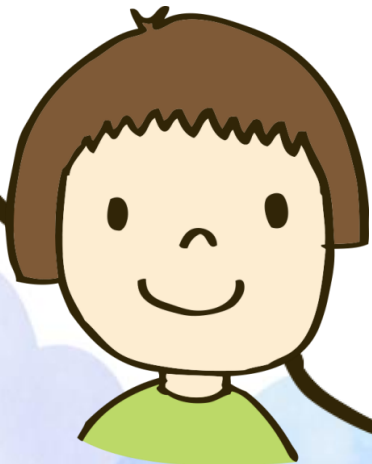
How do you do that?



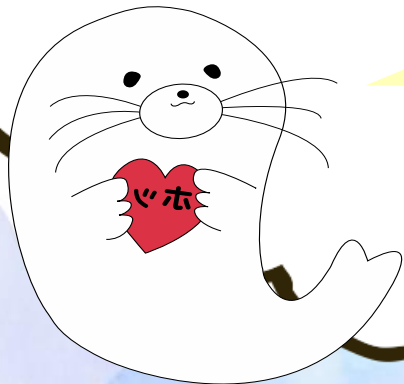


# 10 seconds breathing

- ① Sit in a comfortable position with your back straight.
- ② Close your eyes gently.
- ③ Exhale through your mouth, pursing your lips.



- ④ Inhale through your nose for a count of three, expanding your abdomen.
- ⑤ Hold your breath at 4.
- ⑥ Tighten your stomach muscles and exhale through slightly puckered lips 5~10.
- ⑦ Repeat steps ④ ~ ⑥.



Let's try on your pace!



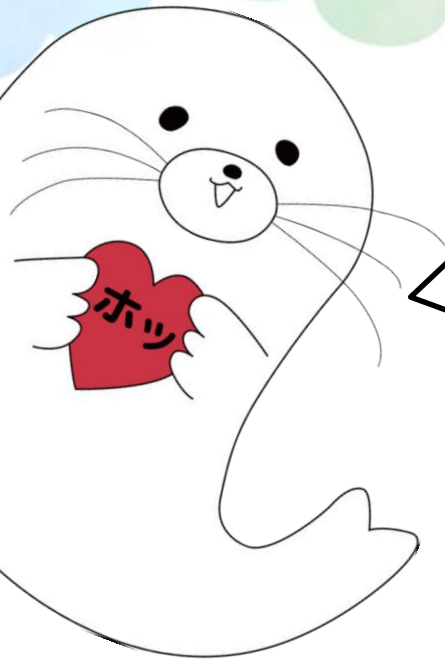
Sit in a comfortable position



Inhale for a count of three and Hold at 4



Exhale for 5~10



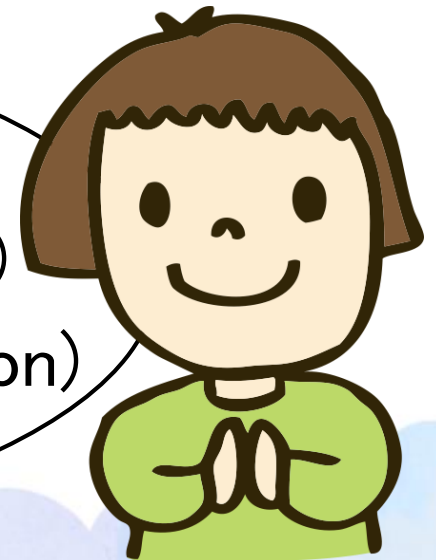
It is a way to get relax whenever and wherever you are.

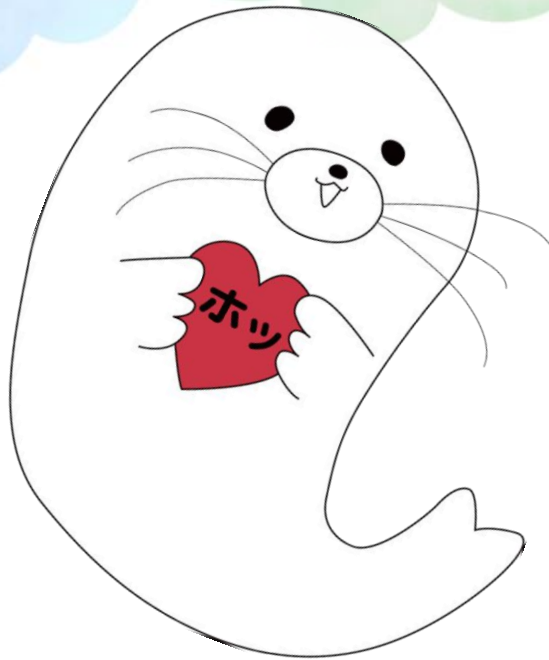
I feel better!

It's also helpful when

**Disasters occur** (ex. Typhoons or Fires)

**You are in a panic** (ex. Before Presentation)





If an earthquake really occurs,  
when should we do it?

10 seconds  
breathing!



First, **secure yourself!**

Take an action to calm down.



What else can we do to calm down in terrible situations?

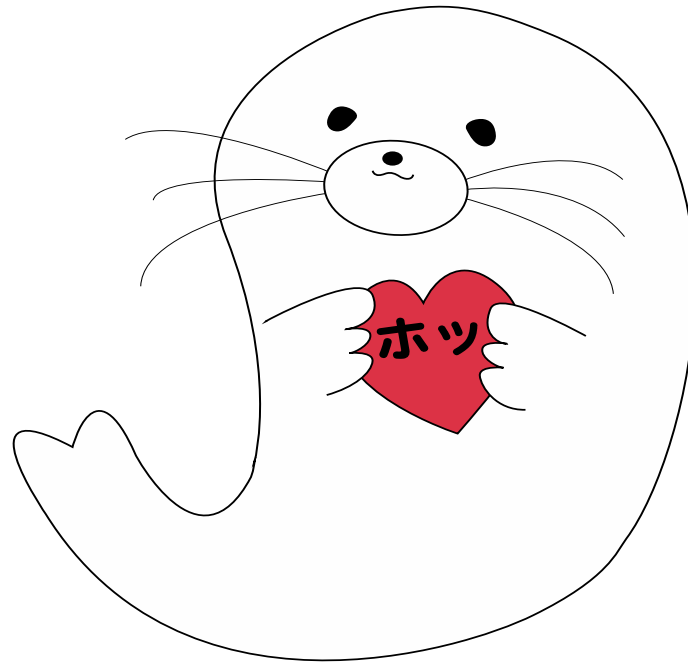


What do you usually do?

**Friend**

**Teacher**

**Staff**



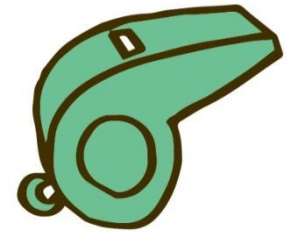
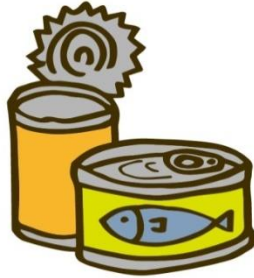
One good way is to have your friends, teachers, or dormitory staff listen to you.



# Summary



If an earthquake occurs,  
you may encounter  
terrible things.



It is important to prepare some goods and  
anchor your furniture.

# Summary



Preparing to calm down is also important.

# Summary

***10 seconds breathing***



Get familiar with 10 seconds breathing!  
Please tell your friends about the technique.