

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>

RedRiverResilience.com:

- **Red River Flooding: Preparing yourself emotionally (with Minn-Kota Red Cross chapter)**

A You Tube video featuring DRN member Kit O'Neill, PhD taking about strengthening your resilience ahead of the floods.

<https://www.youtube.com/watch?v=vQNbFV4R91s>

Professional Journal Articles:

Health & Place:

- **Flooded Homes, Broken Bonds, the Meaning of Home, Psychological Processes**

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:

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>