This guide is for general informational purposes only and is not a substitute for professional advice. While efforts are made to keep information accurate, content may become outdated or contain errors, verify critical details independently and use your best judgment in any emergency. The publisher makes no warranties and is not liable for any outcomes from its use.

The Lifehouse Network formed in 2024 and is largely a volunteer effort. It exists to serve a growing number of individuals, groups and communities who are preparing for the "Long Emergency". It aims to support work that builds togetherness, resilience and power through collaboration and shared resources. For more information go to: https://lifehousenetwork.earth/

INNER RESILIENCE

Caring for ourselves, each other and all of life is at the heart of the Lifehouse ethos.

While services are crumbling, the cost of living is rising and extreme weather events are becoming the norm, none of us can take stability for granted any more.

People are worried. But we do have each other.

There is a need to get together and prepare on many levels for the changes ahead, such as on streets, in neighbourhoods and in bioregions. This resource tackles the smallest node of preparedness: the individual and household level.

Being prepared is about care. There is a myth that "prepping" is about isolation or paranoia. In the Lifehouse ethos, preparedness is a foundation for community.

"The first Lifehouse is in our hearts"

(Adam Greenfield, author of "Lifehouse: Taking Care of Ourselves in a World on Fire")

One of the most important things we can do to prepare for crisis is to care for our own wellbeing and build emotional, and psychological resilience. Not only to be able to stay present and focussed in an emergency situation, but also to withstand the chronic stress we experience as we live through the "Long Emergency" witnessing the slow-motion crumbling of society and collapse of various systems.

Think about this

- what helps you get through and bounce back from difficult situations?
- what practices help you get stronger?

- what mental and spiritual resources can you draw from?
- what gives you joy in life?
- how do you keep your body well and strengthen physical resilience?

You might want to try

- mindfulness, breathing, grounding exercises;
- balancing 'doom scrolling' with nature connection
- cultivating gratitude, joy and spiritual endeavours
- sharing emotions with others (friends, buddies, affinity groups, listening circles etc.)
- leisure activities
- improved lifestyle routines such as good nutrition, exercise and regular sleep cycles

Resources for inner resilience

→ *iChill app* ***and trauma resource institute*** *website*: learn skills to shift the nervous system back into resilient zone from

→ ***The*** *Climate Psychology Alliance* provides support to individuals and groups struggling with eco-distress and offer safe spaces to share emotions surrounding the climate crisis (they are also partners in: ***Inner Climate Response Alliance (****ICRA****)***

→ *Collapse Club*: weekly free online meetings with like-minded people in a safe, structured space to discuss your concerns about our world's converging crises

→ ***"I can"*** comic manual: offers techniques that help you regulate stress and prepare yourself for challenging situations and conflict. It gives insights about the nervous system and helps increase individual and collective competencies to self-regulate.

→ *Psychological First Aid Course****:*** consider skilling up for free.

→ Alan Heeks' Soul Resilience website includes meditations, guidance and a book is forthcoming

Although we will never be able to prepare for all eventualities some level of practical preparedness will calm the nervous system, so do check out our resources to consider other things you might be able to do.

CONNECT WITH THE LIFEHOUSE NETWORK:

https://chat.whatsapp.com/JmXOS8jMUisJn65aeLmxaT