**Developing Stages of a Crisis**

**What does it feel like?**

adrenaline busyness disorientation excitement

concern for people solutions working together

loss as plans cancelled anxieties about coping

opportunities establishing new structures

**Pros Cons**

1. **Initial Response**

2-3 weeks

**What does it feel like?**

frustrating/boring novelty worn-off

hard to gauge feedback needs patience

restful in some ways/busier in others

self-discipline mental health

**Pros Cons**

1. **Developing Routine**

3 months

**What does it feel like?**

thankfulness/celebration v grief and anxiety

traumatic lack of confidence not really knowing what is normal

medium term uncertainty new ways of doing things

identifying lessons learned memorials

**Pros Cons**

1. **Gradual Recovery**

6-12 months

**What does it feel like?**

changed values relationships more important

recognising limitations and the need for interdependence

more focus on health & hygiene appreciation for key workers

**Pros Cons**

1. **Long-term Reconstruction**

1-2 years