**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