

## 6.2 Psychological Challenges

### Behavioral & Emotional Dynamics

Challenge	Description	Status (✓/✗)	Notes
Overconfidence	Assuming supplies equal readiness		
Anxiety of Use	Fear of wasting or misusing items		
Denial of Illness	Hiding symptoms		
Panic / Fear of Shortages	Anxiety triggered by dwindling supplies		
Caretaker Burnout	Emotional fatigue from caregiving		
Conflict Over Supplies	Disagreements about use/priorities		
Generational Stress	Children fearful; elders resistant		
Hopelessness	Loss of morale in severe illness		

- What triggered anxiety or hesitation this week?
- Did anyone hide symptoms or avoid care?
- Were there disagreements over the use of supplies?
- Did anyone express fear of running out?
- Was reassurance given to vulnerable members?

Issue Identified	Immediate Action	Responsible	Review Date

- Did all members understand the stockpile layout this week?
- Did fear of shortages affect morale?
- Did caregivers receive proper rest/rotation?
- Was stockpile review done calmly, without panic?
- Were children or elders supported emotionally?