

6.2 Psychological Challenges

Behavioral & Emotional Dynamics

| Challenge | Description | Status (✓/X) | 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?