LIVING TO SURVIVE:
Normalizing Emergency Readiness and the Survival Mindset
• LIVING ON THE EDGE
• WHEN IT HAPPENS
• THE SURVIVAL MINDSET
• IN THE MOMENT
• HOPE FOR THE BEST
• FOR YOUR TOOLKIT
• FOR THE NIGHTSTAND
• THE REST OF YOUR LIFE
REFERENCES

- **FM 3-05.70, Survival** (Headquarters, Department of the Army)
- **Multiservice Procedures for Survival, Evasion, and Recovery** (Departments of the Army, Marine Corps, Navy and Air Force)
- **On Combat: The Psychology and Physiology of Deadly Conflict in War and in Peace** (Lt. Col. Dave Grossman with Loren W. Christensen)
- **Warrior Mindset: Mental Toughness Skills for a Nation’s Peacekeepers** (Michael J. Asken, Ph.D. & Lt. Col. Dave Grossman with Loren W. Christensen)
- **The Gift of Fear: Survival Signals That Protect Us From Violence** (Gavin de Becker)
- **Sharpening the Warrior’s Edge: The Psychology & Science of Training** (Bruce K. Siddle)
“It does not do to leave a live dragon out of your calculations, if you live near him.”

-J.R.R. Tolkien, *The Hobbit*
Today, nine out of ten Americans live in places at significant risk of earthquakes, hurricanes, tornadoes, terrorism or other disasters.
• MAKE THE DECISION NOW TO SURVIVE AND LIVE
• PREPARE (PLAN, TRAIN AND EQUIP)
• BUILD YOUR 360° LAYERS OF AWARENESS, PROTECTION, PREVENTION AND RESPONSE
• WALK OUT OF THIS PRESENTATION WITH AT LEAST ONE ACTION YOU CAN IMPLEMENT ASAP!
“Denial and inactivity prepare people well for the roles of victim and corpse.”

- Dr. John Leach
FIGHT – FLIGHT – FREEZE

• PHYSIOLOGICAL REACTION THAT OCCURS IN RESPONSE TO PERCEIVED HARMFUL EVENT, ATTACK OR THREAT TO SURVIVAL

• BRINGS ABOUT CHEMICALLY-ALTERED STATE (SURGE) TO GIVE YOU SURVIVAL EDGE:
  
  – CORTISOL AND ADRENALINE RELEASE
  
  – INCREASED BLOOD PRESSURE, HEART RATE, BLOOD SUGARS AND FATS TO SUPPLY BODY WITH EXTRA ENERGY
  
  – BLOOD CLOTTING FUNCTION OF THE BODY SPEEDS UP TO PREVENT EXCESSIVE BLOOD LOSS IN THE EVENT OF INJURY
  
  – INCREASED BLOOD FLOW TO THE MUSCLES ACTIVATED BY DIVERTING BLOOD FLOW FROM OTHER PARTS OF BODY (VASOCONSTRICTION - “WHITE WITH FEAR”)
  
  – INCREASED MUSCLE TENSION TO PROVIDE BODY WITH EXTRA SPEED AND STRENGTH
• PHYSICAL/PHYSIOLOGICAL REACTIONS:
  – INCREASED HEART RATE
  – TUNNEL VISION (*LOSS OF PERIPHERAL*) / PUPIL DILATION
  – LOSS OF FINE MOTOR SKILLS (*NO CROSS-STITCHING*)
  – DIMINISHED HEARING (*AUDITORY EXCLUSION*) OR INTENSIFIED SOUNDS
  – SLOW MOTION TIME (“I SAW THE BULLETS”) OR FAST MOTION TIME
  – TENSING OF MUSCLES OR TEMPORARY PARALYSIS (*CAN’T. MOVE. LEGS.*)
  – TREMBLING OR UNCONTROLLABLE SHAKING (*POST-EVENT: ADRENALINE DOWNLOAD*)
  – RAPID, SHALLOW BREATHING (*HYPERVENTILATION*)
  – DIZZINESS / NAUSEA / GUT-WRENCHING KNOT IN STOMACH
  – DRY MOUTH (*HARD TO SPEAK AND SWALLOW – “SCARED SPEECHLESS”*)
  – EXCESSIVE SWEATING
  – GOOSE BUMPS
  – JUMPY, EASILY STARTLED
  – URGE TO URINATE / DEFECATE
  – HEIGHTENED VISUAL CLARITY (*LIFE IN ULTRA HD*)
  – MEMORY LOSS
• EMOTIONAL REACTIONS:
  – FEAR
  – ANXIETY
  – PANIC
  – ANGER / FRUSTRATION
  – IMPATIENCE
  – HELPLESSNESS
  – HOPELESSNESS
  – GUILT

• SURVIVAL STRESSES:
  – INJURY OR DEATH
  – PAIN
  – UNCERTAINTY / LACK OF CONTROL
  – ISOLATION
  – HUNGER / THIRST
  – FATIGUE
“All things are ready, if our minds be so.”

- William Shakespeare
THE SURVIVAL MINDSET

• WHAT IS IT:
  – THE WILL TO SURVIVE AND LIVE DESPITE SEEMINGLY INSURMOUNTABLE MENTAL AND/OR PHYSICAL OBSTACLES
  – THE DECIDING FACTOR IN MANY CASES
  – OVERCOMING STRESS
  – MAKING IT THROUGH THE CRISIS PERIOD
  – MAINTAINING A POSITIVE MENTAL ATTITUDE
  – TOLERANCE OF DISCOMFORT ("AIN’T NOTHING BUT A THING")
  – OPTIMISM (HOPE AND FAITH)
  – BECOMING MENTALLY PREPARED AND DETERMINED TO SURVIVE ANY SITUATION OR DANGEROUS ENCOUNTER – NOW!
  – YOUR BRAIN IS YOUR MOST IMPORTANT WEAPON
SURVIVAL RULE OF THREE

• YOU WON’T LAST:
  – THREE WEEKS + WITHOUT FOOD
  – THREE DAYS WITHOUT WATER
  – THREE HOURS WITHOUT SHELTER
  – THREE MINUTES WITHOUT AIR
  – THREE SECONDS WITHOUT HOPE AND THE WILL TO LIVE

SURVIVOR Profile: JULIANE KÖPCKE
• **YOUR REASON FOR EXISTENCE**

• **WHO / WHAT IS IMPORTANT TO YOU?**

• **WHO / WHAT WOULD YOU FIGHT FOR?**

• **REMIND YOURSELF WHAT IS AT STAKE – YOUR LIFE AND THE LIVES OF OTHERS WHO DEPEND ON YOU**

• **FOCUS ON AND COME HOME ALIVE**
“Use only that which works, and take it from any place you can find it.”
- Bruce Lee
• LEVELS OF AWARENESS (COLOR CODES)
  – LEVEL WHITE: UNAWARE. RELAXED. UNPREPARED (COMFORT OF YOUR HOME?)
  – LEVEL YELLOW: RELAXED 360° ALERTNESS (SHOULD BE IN MOST OF THE TIME)
  – LEVEL ORANGE: IDENTIFIED POTENTIAL THREAT/HAZARD
  – LEVEL RED: TAKING ACTION. RESPONDING. SURVIVING
  – LEVEL BLACK: MENTAL BLACKOUT OR FREEZE. NOT GOOD . . .

• SITUATIONAL AWARENESS
  – KNOW WHAT’S HAPPENING AROUND YOU; ASSESS AND RE-ASSESS
  – ID EMERGENCY EXITS IN ADVANCE. LOCATE THE EXITS IN YOUR OFFICE AREA AND ANY FACILITY YOU ENTER
  – KNOW WHERE EQUIPMENT AND SUPPLIES ARE
  – BE READY TO AVOID OR RESPOND TO POTENTIAL THREATS / HAZARDS
THE OODA LOOP

• DEVELOPED BY COL. JOHN BOYD, USAF FIGHTER PILOT
• APPLIES A FORMAL PROCESS TO ASSESSMENT / RESPONSE:

  – **OBSERVE:** USE ALL YOUR SENSES TO SURVEY THE ENVIRONMENT AND GATHER INFORMATION. YOU SEE THE REAL OR POSSIBLE THREAT/EMERGENCY APPEAR

  – **ORIENT:** USING ALL THE DATA YOU HAVE, RECOGNIZE THE THREAT AND DEVELOP THE MENTAL PICTURE OF THE SITUATION. PROCESS POSSIBLE COURSES OF ACTION

  – **DECIDE:** BASED ON THE INFO YOU HAVE CURRENTLY, SELECT THE BEST COURSE OF ACTION (COA)

  – **ACT:** EXECUTE THE SELECTED COURSE OF ACTION

Once you ACT, go back to OBSERVE, determine impact of action, and adjust COA as necessary. Repeat continually through the emergency
JUST BREATHE . . .

• TACTICAL BREATHING:
  – AUTOGENIC, ZEN, LAMAZE
  – USE IN A STRESSFUL SITUATION TO CALM YOURSELF, SLOW HEART RATE, REDUCE SHAKING, GAIN CONTROL, FOCUS
  – BEFORE, DURING, AFTER INCIDENT

• TECHNIQUE:
  – BREATHE IN THROUGH NOSE FOR SLOW COUNT OF FOUR (*BELLY EXPANDS*)
  – HOLD FOR SLOW COUNT OF FOUR
  – SLOWLY EXHALE THROUGH YOUR LIPS FOR COUNT OF FOUR (*BELLY COLLAPSES*)
  – HOLD EMPTY FOR A SLOW COUNT OF FOUR
  – REPEAT AT LEAST 3X
“By failing to prepare, you are preparing to fail.”

- Benjamin Franklin
SO HERE’S THE PLAN . . .

• YOU MUST HAVE A PLAN, BUT . . .
• EMBRACE THE **PROCESS** AS THE GOAL . . . NOT THE PILE OF PAPER
• PLANNING IS ACTION
• YOU DON’T KNOW EVERYTHING – BUILD A TEAM
• DISCOVER VULNERABILITIES / ID GAPS AND SEAMS
• BOUND BY THE BOOK? FLEXIBILITY AND ADAPTABILITY ARE KEY

**SURVIVOR Profile:**

CYRIL “RICK” RESCORLA

“In preparing for battle I have always found that plans are useless, but planning is indispensable.”

— Dwight D. Eisenhower
• FEEL EMPOWERED VS. TERRIFIED (*DEMONSTRATING YOUR SKILLS IN TRAINING WILL GIVE YOU CONFIDENCE IN YOUR ABILITIES*)

• DISCOVER YOUR WEAKNESSES/SHORTCOMINGS AND WORK ON THEM

• VISUALIZE; PRACTICE “WHAT-IFS?” (*MENTAL REHEARSALS*)

• DRILLS (SPONTANEOUS; AT HOME AND AT THE OFFICE)

• REINFORCEMENT THROUGH FREQUENCY (“THE MORE YOU SWEAT IN TRAINING, THE LESS YOU BLEED IN BATTLE”)

• REALISM – “TRAIN AS YOU FIGHT”

• ENCOURAGE INDIVIDUAL DEVELOPMENT AND READINESS; FOCUS ON THE PERSON
  – VS. TRAINING THE EMPLOYEE
  – MISSION FIRST – PEOPLE ALWAYS
  – YOUR COMPANY, SCHOOL, ORGANIZATION OR CHURCH WILL REAP THE BENEFITS

• **TRAIN YOUR CHILDREN!!!**
STRESS INOCULATION

• STRESS INOCULATION TRAINING (SIT)
  – CONCEPT DEVELOPED BY PSYCHOLOGIST DONALD MEICHENBAUM, PH.D.
  – LEARN TO SURVIVE A STRESSFUL SITUATION BY *INOCULATING* YOURSELF AGAINST IT

• PREEMPTIVELY BUILD PSYCHOLOGICAL RESILIENCE

• ADAPT TO STRESS AND ADVERSITY (*LOOK OVER THAT RAILING!*)

• FACE DIFFICULT CIRCUMSTANCES WITH EASE

• THREE PHASES:
  – CONCEPTUALIZATION OF THE STRESSOR
  – SKILLS ACQUISITION AND REHEARSAL
  – APPLICATION AND FOLLOW-THROUGH
SURVIVAL-FOCUSED FITNESS

• ENDURANCE (*PRINTING VS. THE LONG MILE*)
• CARDIO
• ENTIRE BODY
• HIGH-INTENSITY CIRCUIT TRAINING (*INTERVAL TRAINING*)
  – AS LITTLE AS SEVEN MINUTES PER SESSION
• WALK / TAKE THE STAIRS (*EXERCISE + FAMILIARIZATION*)
• AT YOUR DESK (*WHEN THE BOSS ISN’T LOOKING?*)
• LEAVE SOME GAS IN THE TANK
• HYDRATION
• SLEEP. SLEEP. SLEEP. (*ELIMINATE THE DEFICIT*)

“Pain is weakness leaving the body.”

-Tom Sobal
FOR YOUR TOOLKIT

• PRACTICAL:
  – TAKE SMALL BITES (IN YOUR PREPARATION AND ACTUAL RESPONSE)
  – EQUIP YOURSELF (AT HOME / IN THE CAR / IN THE OFFICE) AND YOUR EMPLOYEES
  – LEARN AND PRACTICE CPR/AED/FIRST AID SKILLS!!

• TACTICAL:
  – APPLY TIME - DISTANCE - SHIELDING (TDS); IT WORKS FOR EVERYTHING
  – FASHION VS. FUNCTION
  – COMBAT PARKING (MULTIPLE BENEFITS)

• SPIRITUAL:
  – FIND WHAT BRINGS YOU PEACE
  – NEVER LOSE HOPE. NEVER GIVE UP
  – GET RID OF THE BAGGAGE NOW TO AVOID THE DISTRACTION OF REGRET LATER (FORGIVE)

SURVIVOR Profile: MIKE DAY
Navy Senior Chief Petty Officer, Ret.
Living to Survive

FOR THE NIGHTSTAND

- *The Unthinkable: Who Survives When Disaster Strikes - and Why* (by Amanda Ripley)
- *Unbroken: A World War II Story of Survival, Resilience, and Redemption* (by Laura Hillenbrand)
- *The Gift of Fear: Survival Signals That Protect Us From Violence* (by Gavin de Becker)
- *The Survivor’s Club: The Secrets and Science that Could Save Your Life* (by Ben Sherwood)
- *Sharpening the Warrior’s Edge: The Psychology & Science of Training* (by Bruce K. Siddle)

“Learning is not compulsory . . . neither is survival.”
- W. Edwards Deming
SURVIVOR Profile: LOUIS ZAMPERINI