



Feel like things are spiralling out of control?

So do we! Which is why we have created this easy-to-use **Thrive Guide** to ensure you thrive in this ever changing world.

**When things go wrong,
don't go with them.**

ELVIS PRESLEY

With a seemingly new crisis to face each day, do you ever wonder how you would cope if your day-to-day life, or any part of it, had to change?

Could you source essential items such as medical supplies, food, water and power? How would you pay for them?

In an ever-changing world, have you thought about what kinds of things could happen and what you could do to prepare for them?

Thrive Guide

We have created an easy reference guide below.

S

Sustenance



- Other than a stockpile of tin cans, dry goods and bottled water, would you know where to source food beyond the local supermarket in the event of food shortages?
- Do you know how to purify water if drinking water were to be contaminated?

O

Optimum Health



- Consider your health and wellbeing - do you need medication?
- What is in your home first aid kit?
- What support might you need for stress and your mental health?
- If you have dependents, what are their health and wellbeing needs? Don't forget your pets!

U

Up-and-go essentials



- Should you need to leave your home in a hurry (and we're not talking a getaway bag with cash, passports and a disguise! 🧐, have you considered what you would need to take with you? Just as you should keep water, food and something warm in your car in case of an unforeseen traffic emergency, you should have an idea of things you absolutely must grab from your home should you need to "up and go!" This will help you avoid wasting time, taking unnecessary belongings and forgetting essential ones!

R

Resources



- In the event of a financial crash, how would you cope?
- Do you have assets available beyond the banking system?
- Think about alternative exchange. What could you offer in exchange for vital goods if cash/digital methods are unavailable?

C

Community



- Do you know what skill sets are available in your local community?
- Get to know your neighbours and your wider community too - people are more likely to help those they know first.
- We are our own best resource in any crisis and we know the strength of the human spirit is indomitable.

E

Electricity



- If the power goes out what would you do?
- Take a moment to think about everything that uses electricity and you will see how quickly these implications could become critical. How can you create your own back up power supply? What do you need and how would it work?