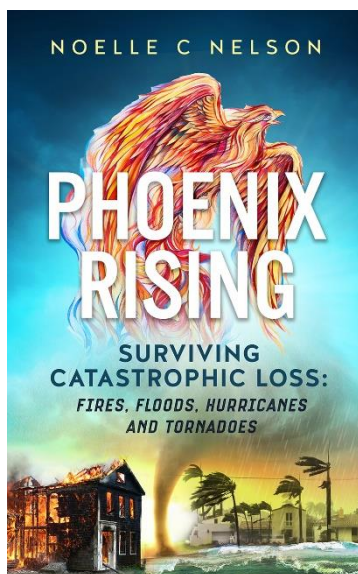


Fires and Tornadoes In The Southeast --Now Comes The Hard Part



Camarillo, Calif. (March 22, 2022) --Texas wildfires have destroyed more than [150 homes and buildings](#); tornadoes throughout the southeast have damaged or destroyed even more. Forecasters call for [further violent weather](#) in the coming days. We can try to prepare for a natural disaster with emergency supplies and maybe a generator, but what happens when the disaster wipes out your home leaving you with nothing? An emergency kit isn't enough.

A new book, *Phoenix Rising - Surviving Catastrophic Loss: Fires, Floods, Hurricanes and Tornadoes*, [Amazon](#), by Dr. Noelle Nelson looks at the emotional and physical steps to recovery from sudden, traumatic events.

Nelson speaks from experience. She lost her home in the fires that ravaged southern California in 2018.

"Humans are creatures of habit. We like order and a sense of security," Nelson explains. "Losing your home in a fire, tornado, hurricane or flood takes away those things in an instant. Not to mention all your earthly possession in one fell swoop. We're not programmed to simply shrug our shoulders and move on. Instead, you have to find the focus and inner strength to rebuild not only your home but your life."

Along with the help of friends and family, Nelson discovered that others, who she calls "perfect strangers," were also quick to help her through the aftermath of the fire. "I was amazed at how many good and kind people exist in our world, in our communities, who are eager to support those of us going through a tremendous loss," she says. "But here's the thing, you have to stay connected with your community, with your pre-disaster activities as much as you can. It's from there that people--strangers to you up until now--will find out what you need and how they can help. People I barely knew offered me places to stay, help with my dogs, gift cards, clothes and all the basic necessities.

"In addition to connecting you with those who can help, your pre-disaster routines are what anchor you to your life," Nelson explains. "Try to maintain some sense of normalcy by doing what you did before--work, the gym, running, church, hobbies. These will help support the 'non-normal' things you will find yourself having to deal with--insurance claims, housing needs and reacquiring basic necessities."

Nelson also says to expect a multitude of emotions that come with such a devastating loss. "You'll feel angry, helpless and hopeless. These perfectly normal emotions will be around a while," she says. "It's part of the healing process. Eventually, instead of dwelling on your past, you'll begin to find happiness again and hopefully think of your situation as an opportunity to create a new chapter in your life. That's when you know you have truly survived."

[Phoenix Rising](#) is available in paperback, audio and on Kindle.

###

To watch a short video of why Nelson wrote *Phoenix Rising*, go to <https://bit.ly/2X0LJui>.