

Your physical and emotional preparation



Feedback Survey Q6 - Please provide details of the most informative parts of the webinar

1	Provided insight into mental preparedness of whether to stay and fight as opposed to leaving.
2	Diagram and information on thought process and results in behaviour especially the importance of preparation and practise
3	Have not given the emotional side of a bushfire one ounce of thought. Thank you
4	Conversations and questions posed by the key presenters, particularly Dr Danielle, Dr Rob and Dr Jim.
5	I found all the points very useful
6	Very little of this info was new, as we survived 2009 with a plan but lost the house. After rebuilding on-site, we have maintained a close interest on related matters including psych preparation. In response to the specific question, the lion was very effective as an example, as were Danielle's comments on completely forgetting their prepared fire equipment under stress as well as the positive endorsement of CFG, Jim's comment that the best place to be is not where the fire is and Rob's observations that the more we engage with the process, the deeper the info goes and the more likely we will be able to use our thinking brains rather than be driven by a frightened lizard.
7	Reinforcement of the processes you need to consider (going over each season what you need to go over) so you can review, reassess, refine or reconsider your needs, plans as they may need adjusting as life situations change. i.e. even new neighbours with different response management views can change the mix
8	For me it was consistently informative throughout - lots of little snippets from all three panelists. the importance of practising even the smallest aspect of "the plan" to help avoid panic amnesia
9	Understanding the physiology of the brain and how it affects decision-making and actions. Applying this knowledge to actions associated with defending or leaving in a bushfire situation.
10	The discussion was extremely helpful and realistic. Information was very easy to understand and absorb. The surveys made you consider your ideas without judgment.
11	Preparation info.
12	Whole new way of thinking about emotional preparedness. Realized it isn't a fixed attribute, but can be enhanced and helped. Particularly the idea that repeating scenarios until they become automatic will help rationale brain stay in control over primal brain, and that watching and reading about surviving bushfires can help to make brain more familiar with how things might be during a bushfire.

13	How the mind works under stress.
14	I found the presentation interesting but not particularly helpful
15	The discussion on practising routines to train positive cognitive function under stress The consequences of not having a collectively developed and practised plan
16	The presentation re how our brains work.
17	The 3 way discussion was really good.
18	Need to have and practise a plan and have a checklist.
19	I found the mental preparatory discussions and methods very informative.
20	We valued Rob Gordon's clear, useful and practical suggestions of ways to emotionally prepare for a fire. He gave the example of wearing an old scratched pair of sunglasses, have loud music on and have someone blow a hair drier into your face as you practise starting your firefighting unit. Ways of acclimatizing and training your brain. He also gave good examples of situations when the 'primitive' brain is more likely to be activated. I think the first speaker was interesting but her presentation should have been shorter, with more practical ways to emotionally prepare shared.
21	All of it - all three presenters were so knowledgeable. It was very interesting to learn about the parts of the brain that are triggered when we experience an abstract or direct threat, what happens to our ability to respond, and what preparation we can do to reduce the risk of being unable to act appropriately in response to a bushfire.
22	The emotional readiness, using your outer layer of brain. Finding the words to focus and not panic. All makes sense, but just in the doing will it work. Making a plan and action it many times, prior to an event happening. Will help prevent panic. Also, the take responsibility for own actions, ie leave when I am ready. May not be when we are advised, but sooner. All really helpful advice given.
23	Danielle's presentation provided very important new insights. Consolidated by the stories and experience of the panel, clearly spoken and comprehensible.
24	The discussion about the experiences of people who had survived bushfires and defended their homes.
25	(It's always good hearing Rob Gordon talk, and the other two speakers were very interesting too.) This session played into my own experience of the 2019 fire in Bilpin, especially in my not having factored in having my own very precise fire plan changed at the last minute by a family member insisting that I leave...or if not, she would stay (she, a mother of three young girls). I'm now going to make sure that every part of my plan is fully discussed with my family. I was following my written down plan and was not in the least panic-stricken, but my daughter saw things differently. As it was, the house was saved - just.
26	Reminder to be methodical/systematic in processes. Practise plan regularly. Prepare myself emotionally by reading/listening to survivor stories (and taking note of decisions they made)
27	As a Recovery Project Officer working in a fire impacted community I was pleased this often overlooked important aspect of being preparedness was presented so well. The three experts delivered the information in an engaging way that was relatable and understandable.

28	Most of it very useful, importance of practise and routine and checklists, even hints like laminated instructions etc were all useful
29	Examples of peoples decisions when they were not organized or prepared or just forgot everything in emergency situation and the consequences of those decisions/actions/inaction. Learn from others mistakes.
30	It reinforced the messages I have been teaching the community
31	As always, the presenters have been professional and knowledgeable, but it's even more relatable when they have real life examples to discuss. The topic was thought provoking and as a couple we can begin a dialogue around practical steps to take in this preparation, as well as being aware that our approaches to this are different with the view to resolve some of these differences of opinion.
32	I think the discussion on how intense it will be as the fire front approaches and being mentally ready was good
33	Have never really considered how important mentally preparing is. Liked the panel discussion
34	How to control stress and thus made better decisions during a bushfire.
35	The old brain and the new and their interaction and the influence on our thought processes. The problems that may occur when under pressure in a hazardous situation and confusion in what normal circumstances would not be an issue. The difficulty of the brain to function when the norm has been disguised by fire or smoke and noise. The 3 things that people die from in a fire situation and should be aware of. The need to continually familiarize with the resources that you have prepared if caught in a fire situation.
36	How and why the brain reacts, supported by real life examples
37	Pertaining to the panic induced response of devoting energy and time to low importance activities in the face of a fire, and approaches to mentally prepare so this response is less likely.
38	Real life examples of people under stress.
39	Understanding why important things are forgotten
40	Danielle's presentation simple but informative and got other presenters talking Critique of Vic Emergency App - especially theme that people rely on someone to help them through a fire when the reality is more creating an attitude of self reliance in the public i.e. good preparation
41	It was interesting to hear how many people, even those with plans, though perhaps not so embedded, faltered when a real fire was bearing down on them. The "embed" message is a great one, and the example of fireys practising every weekend. Given how many people plan to leave, me being one, getting one's head around what can go wrong and then what, and being prepared via the pre-mortem, was also helpful. The ability to stay calm, even if it is feigned calmness was helpful. The 'talking to oneself' example was very good. I thought Rob's comments were particularly good, especially talking of male and female perspective, and whether one has the actually physical stamina to defend.
42	Interesting but not useful. Based on the knowledge of fire presence.

43	Too hard!! It was all brilliant. The Q&A at the end was probably the highlight.
44	Thinking about how the brain works & planning to make it work most effectively ie planning, rehearsing, practising in order to manage stress in the face of a fire Clearly recognizing that bushfire risk is here to stay. Recognizing that psychological prep is important & concentrate on it while physically preparing. Being asked How can you plan for the unimaginable?
45	Discussion and questions in the second part - liked how the 3 speakers contributed as they complemented and informed the discussion.
46	It was all informative. It all made sense.
47	The realization of the emotional impact of fires and practical ideas to deal with panic and fear
48	I was at a CFA zoom meeting and missed the first 70 odd minutes, however, when i joined the conversation was about how the brain gets confused, and or dithers on small irrelevant details. I found this aspect intriguing and wish to know more.
49	All of it was good, but especially grounding in actual experiences
50	All equal
51	Info covering decision making in emergency situations
52	It was all good. Danielle's presentation gave us new insight into how the brain functions. The panel's discussion expanded on issues in Danielle's talk and it was good to hear of some personal experiences.
53	Informative underpinning to things I had thought about previously: - "forgetting" things on list - even when not in immediate danger. - differing perceptions of members of household - concern re panicking
54	Excellent information on risk assessment and responses, how to manage other members of your household with regard to fire risk and plans, pre-mortem planning - what could go wrong and how to prevent that, don't rely on the authorities or official advice to save you from bushfires - gather as much knowledge as possible and make sure you practise your fire responses so that they become second nature and you don't get flustered.
55	Old and new brain concepts and whole of Danielle's presentation, learnings from interviews especially 'lucky survivors', strategy 'talking to oneself' and why it may be helpful, Q and A. Thanks to whole panel
56	Pre-mortem and make a list
57	I had not considered the need for Psychological preparation, there is so much emphasis on the physical. We went through the 30 Dec 2019 fires in Sarsfield. We intended to leave and did so. But preparing your home before you leave is also critical and I'm sure in played a big part in why we lost sheds/ fences etc but our house survived. But the "leave early on days of high fire danger" message is unrealistic if there is no fire currently burning in the area. There are just too many days like that in the summer. Life goes on, gardens must be watered, you may as well shift to the suburbs. So I think the best you can do is have the escape bag packed and senses alert, Vic Emergency on and hope like hell that a fire doesn't start in the bottom paddock.

58	The discussion about what happens to people's ability to function in a fire - focus, disorientation etc.
59	How the brain behaves and the best ways to utilize it most effectively e.g. without panic
60	How people react when they are not mentally prepared. I experienced this first hand after the recent storms in the Dandenongs I was running around trying to do ten things at once and achieving nothing.
61	Reinforced fire plan requirement and need to practise
62	Even planning to leave early needs preparation psychologically
63	The thought processes of decision-making and decision alterations.
64	very good to think about the emotional preparation. The speakers were very good and spoke of things that we would not otherwise have thought of. We have a comprehensive fire plan and detailed check lists for pre and during fire. It was good to hear that this is a very good approach. Helpful to be encouraged to read first hand accounts.
65	The importance of discussing and agreeing on a bushfire survival plan and preparing and practising it
66	How the brain works under bushfire situation and how to try and stay calm and think clearly
67	Most of it. Mental preparedness is often overlooked. Very helpful overall.
68	Danielle and Robs information on brain and psychological preparedness was brilliant
69	All three presenters/members were top in their complimentary fields and it showed from considered and succinct answers and suggestions to what is a difficult topic for most in the Q&A.
70	Danielle's research
71	Getting the message for each individual to make their own decision and not to sit and wait for the red fire truck to arrive or to be told when to leave!
72	The psychological aspect
73	The need to prepare myself for the psychological challenges of a fire by being prepared and to practise was not something that I that I was aware was so important.
74	Pre Mortems.
75	Joined the webinar late. Will have to wait until the recording is uploaded.
76	It was all informative
77	Discussion on how people lose it under stress
78	Great information with personal relational experiences of having been through fires and the research of others experiences.

79 | Excellent advice about running through plans many many times so it becomes second nature

80 | How brain works