

Temporal Preparedness Guide for Individuals and Families

(Area Specific)



Needs

Preparing for emergencies or difficult situations can help everyone stay safe and feel more secure. Being prepared allows us to provide for our own needs, our family's needs, and the needs of others when a disaster or unexpected event occurs.



Description

Areas of the Church have developed their own set of temporal preparedness guidelines to meet their local needs in preparing for disasters or unexpected events. These guidelines include the following topics:

- Emergency planning
- Home storage and production
- Financial preparedness
- Emotional preparedness

There are several online resources on [ChurchofJesusChrist.org](https://www.ChurchofJesusChrist.org) under "Life Help" to assist in preparing for future times of need or emergencies. These resources include the following:

- Spiritual foundations of temporal preparedness
- Tips for making an emergency plan
- Tips for being financially prepared
- Tips for food storage and production
- Tips for emotional preparedness



Who is this for?

The Temporal Preparedness Guide is for individuals and families to help them prepare for disasters or unexpected events. Stake and ward leaders may also use the guide to help individuals and families prepare for their temporal needs.



How it works

People can use their local Area Temporal Preparedness Guide if one is available. Or they can use the Temporal Preparedness Resources listed here. These resources provide helpful tips, activities, checklists, and links to community and Church resources. The Church resources can help people prepare spiritually, emotionally, and financially as well as to prepare practical food storage in the event of an emergency, crisis, or time of need.



Where to learn more

Visit [ChurchofJesusChrist.org/life/temporal-preparedness-resources](https://www.ChurchofJesusChrist.org/life/temporal-preparedness-resources).

General Handbook, 22.1.4, "Temporal Preparedness" [ChurchofJesusChrist.org/study/manual/general-handbook/22-providing-for-temporal-needs?id=title_number77#title_number77](https://www.ChurchofJesusChrist.org/study/manual/general-handbook/22-providing-for-temporal-needs?id=title_number77#title_number77).

Area Temporal Preparedness Guide: All Areas
[ChurchofJesusChrist.org/life/AreaPreparednessGuides](https://www.ChurchofJesusChrist.org/life/AreaPreparednessGuides)

Area Temporal Preparedness Guide: Utah
[ChurchofJesusChrist.org/bc/content/shared/english/life-help/Temporal-Preparedness-Guide-Utah-Area-Guide-May-2021.pdf](https://www.ChurchofJesusChrist.org/bc/content/shared/english/life-help/Temporal-Preparedness-Guide-Utah-Area-Guide-May-2021.pdf).

Contact: