

*\*\*DISCLOSURE: We are not medical professionals. For help for your specific fear, please reach out to your doctor or therapist/counselor. There is no shame in asking for help when you need it.*

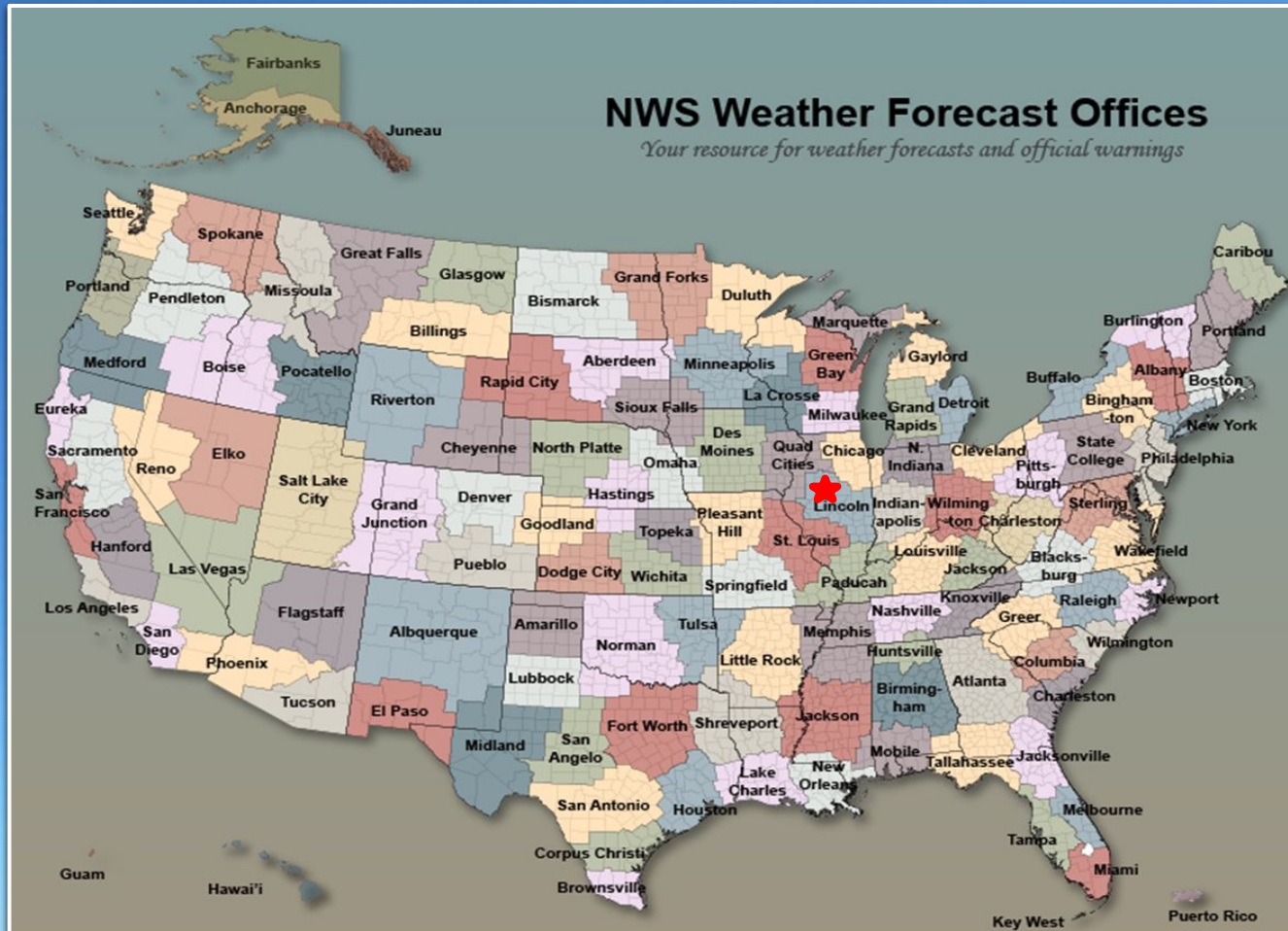
# Addressing Storm Anxiety



Rebekka Delaney  
NWS - Central Illinois

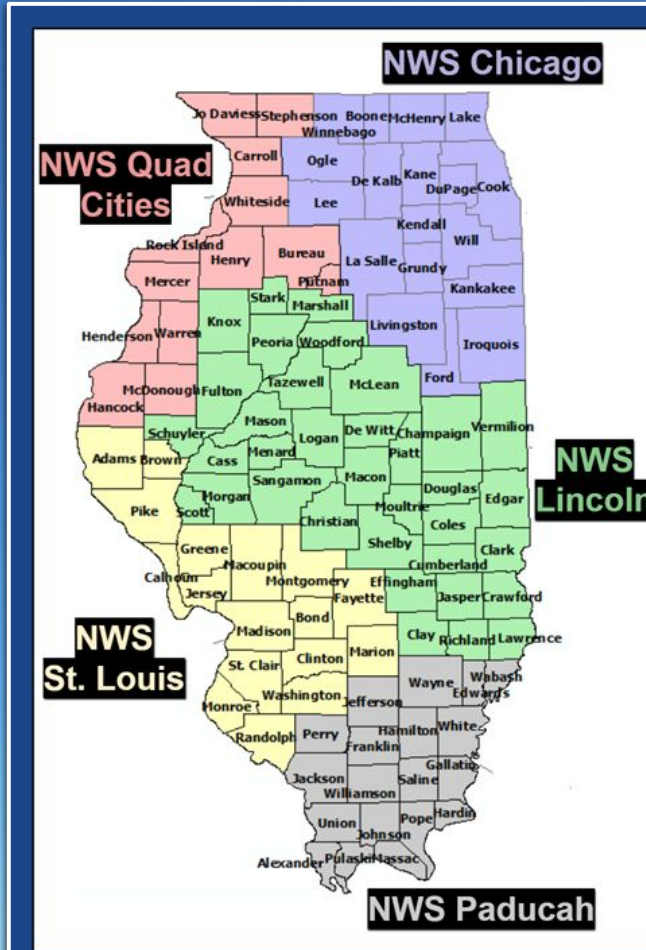
# What is the National Weather Service?

- ☀ The National Weather Service is an agency embedded within NOAA (National Oceanic and Atmospheric Administration)
- ☀ There are over 122 Weather Forecast Offices in the United States, Puerto Rico, and Guam
- ☀ Additional regional and national centers are located over the U.S.
- ☀ NWS has meteorologists, computer & communications specialists, hydrologists, IT & electronics experts, and physicists



# What is the National Weather Service?

- ★ The National Weather Service is an agency embedded within NOAA (National Oceanic and Atmospheric Administration)
- ★ There are over 122 Weather Forecast Offices in the United States, Puerto Rico, and Guam
- ★ Additional regional and national centers are located over the U.S.
- ★ NWS has meteorologists, computer & communications specialists, hydrologists, IT & electronics experts, and physicists



## Do You Know What County You Live In?

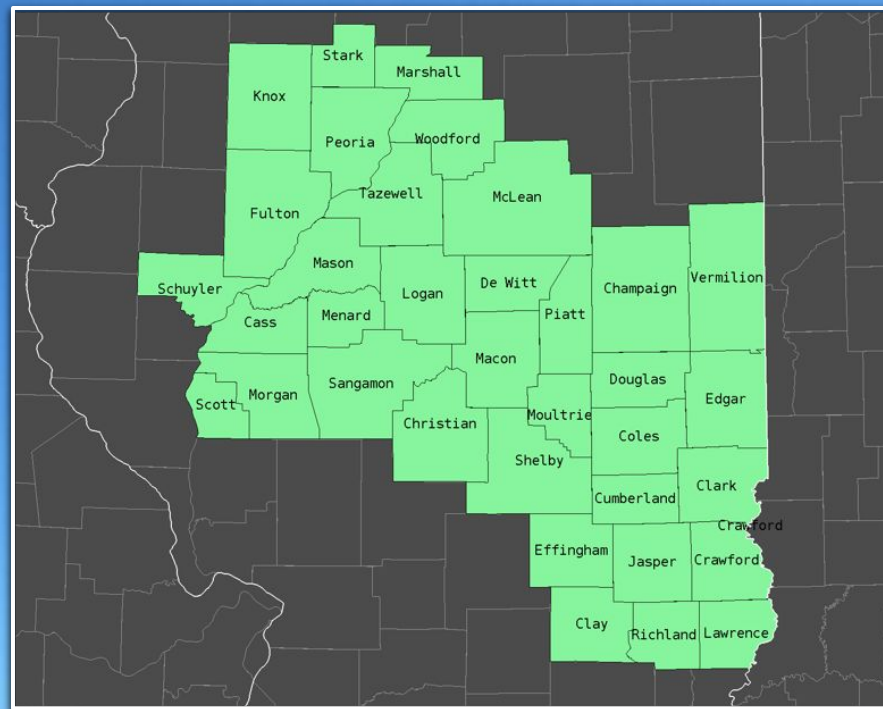
Knowing where you live in relation to other locations on a map is an important aspect of being prepared for severe weather!

Know which NWS Office is responsible for your county too!



# NWS Central Illinois - Who are we?

- ☀ We are located in Lincoln, IL
- ☀ Our County Warning Area (CWA) consists of 35 counties in central & southeast IL
- ☀ Open 365x24x7
- ☀ 22 employees - 16 meteorologists, 3 electronic technicians, 1 Information Technology Officer, 1 Hydrologist, & 1 Admin Assistant
- ☀ We are 1 of 92 NWS offices across the country that release a weather balloon twice daily at both 00Z & 12Z



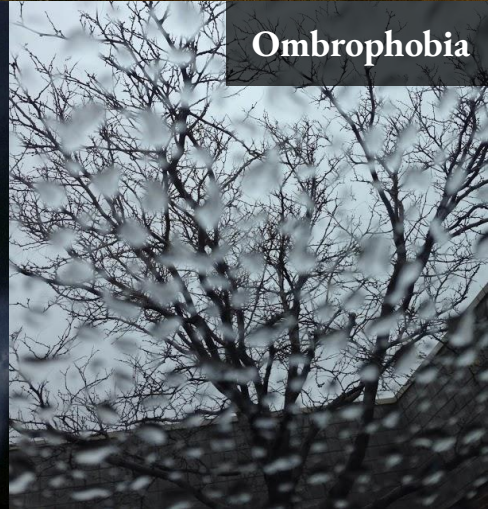
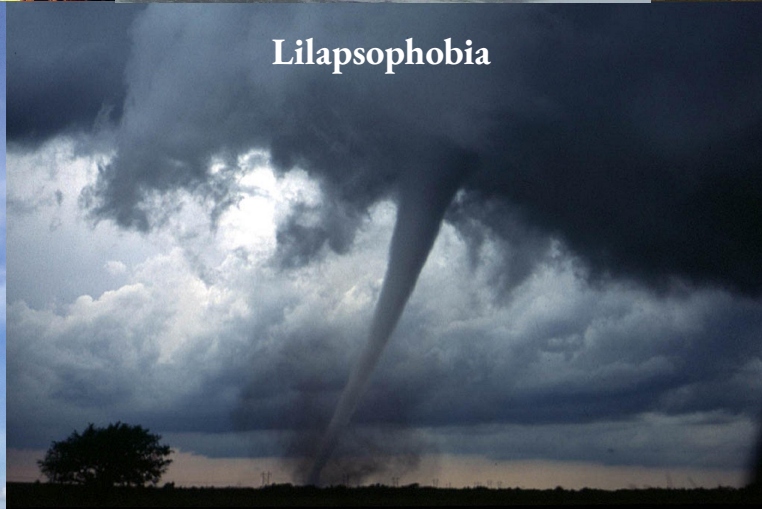
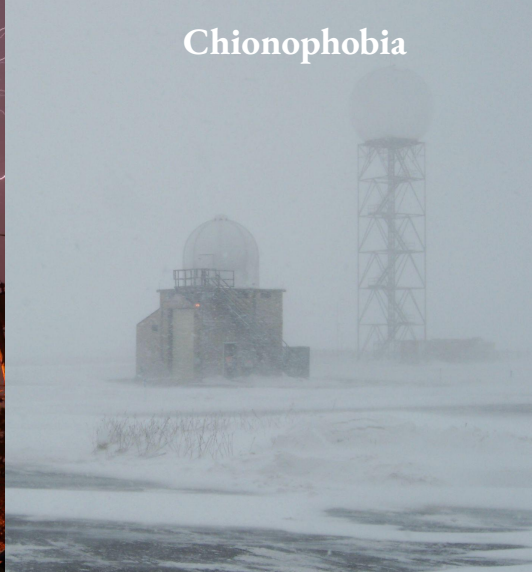
# NWS Central Illinois - Who are we?

- ★ We are located in Lincoln, IL
- ★ Our County Warning Area (CWA) consists of 35 counties in central & southeast IL
- ★ Open 365x24x7
- ★ 22 employees - 16 meteorologists, 3 electronic technicians, 1 Information Technology Officer, 1 Hydrologist, & 1 Admin Assistant
- ★ We are 1 of 92 NWS offices across the country that release a weather balloon twice daily at both 00Z & 12Z



# What is Storm Anxiety?

- Signs of weather-related anxiety include:
  - Obsessive thoughts about the potential for storms
  - Distress when you know a thunderstorm is forecasted
  - Extreme fear or dread during weather events.
- This is common, especially in children and those who have experienced a traumatic or major weather event.
- 6 types of weather phobias:
  - Astraphobia (aka brontophobia): fear of thunder and lightning
  - Ancaophobia: fear of wind
  - Chionophobia: fear of snow
  - Lilapsophobia: fear of severe weather
  - Nephophobia: fear of clouds
  - Ombrophobia: fear of rain



# Causes of Weather Fears

- Experts aren't sure what causes this fear to develop. Potential causes suggested:
  - Traumatic event when young
  - More likely to develop this fear if a parent and/or sibling also have it
- Sometimes even develops for no apparent reason



# Coping Mechanisms - Take Power Over Fear!

1. Have a plan: Know where your safe space is, get a weather radio, pack an emergency kit
  - a. Have 3 ways to receive warnings
  - b. Emergency kit supplies/lists: <https://www.ready.gov/kit>
  - c. PRACTICE your plan
2. Learn about your local warning systems: outdoor sirens, mass notification systems, etc
3. Learn about weather and its terms. (i.e. watch vs warning vs advisory)
  - a. This can be done by attending our spotter classes and free online courses... more info at the end
4. Visit your local NWS office

# Coping Mechanisms - Take Power Over Fear!

When bad weather threatens you or your location, here are a few tips and tricks from us here at NWS Central Illinois

1. Put on durable shoes (boots/tennis shoes) in case you need to take shelter
2. Have your devices charged in case the power goes out, so you can still communicate and have weather awareness
3. Hang out in your safe spot, even if a warning hasn't been issued for your location.
4. Turn on your local news channel
5. If affordable, invest in a generator for when the power goes out.
6. **KNOWLEDGE IS POWER!**

# Coping Mechanisms - Take Power Over Fear!

Sometimes, it takes more than knowing how to cope...

**Don't be afraid to reach out for help from friends, family, or a professional.  
It takes time to overcome your fears, just remember that the little steps add  
up to big changes.**

# Our webpage: *Storm Anxiety and Stress*

- Visit our website to see more suggestions and tips on how to prepare for storms.
- This can answer any questions or concerns you may have after the webinar is over.
- We will post this presentation to this webpage later this week.

## Advice from Meteorologists on Dealing with Storm Anxiety

In our area, we will see storms every year, and unfortunately, there's nothing we can do to stop them. This can make you feel powerless. But there is a way to empower yourself and that's through knowledge and preparation. It can be helpful to think about what exactly it is about severe weather or storms that makes you afraid, stressed or nervous. Knowing what it is that makes you stressed or anxious can help you find ways to deal with that stress and anxiety.

**Introduction**

Sheltering from Storms

Getting/Using Weather Info

Getting Storm Warnings

Family Communication

**Here are some things you can do to empower yourself and take more control over your weather fears:**

# Weather Preparedness - Cold Season

## Winter Storm Planning Timeline

### A few days out

*If the forecast calls for winter weather, start preparing now.*



Have emergency supplies for your home & car



Check your smoke and carbon monoxide detectors



Replenish fuel for your car and heating sources

### The day before

*Forecast accuracy continues to improve, so keep checking the latest.*



Adjust plans



Have multiple ways to receive Warnings



Bring pets indoors and ensure they have water

### During & After

*Remain vigilant and stay informed. Drive only if necessary.*



Check on neighbors and family



Properly ventilate emergency heat sources



Keep generators at least 20 feet from your home



Take it easy when shoveling

# Weather Preparedness - Cold Season

## PREPARING FOR WINTER STORMS

### What Can I Do?

#### Prepare Your Home

Make your home winter ready. Buy needed supplies before the storm arrives. Have a plan in case you lose power, or are unable to leave your home.



#### Prepare Your Vehicle

Make your vehicle winter ready. Be sure to include a safety kit, cold weather gear, and necessities you may need to deal with the storm.



#### Monitor the Forecast

Stay up to date with the latest forecast information as the storm approaches. Monitor your favorite weather source.



#### Have a Plan

Before weather threatens, be sure to have a communications plan, change travel plans, and prepare for the impacts to your routine.



## Terminology

#### Winter Storm Watch:

There is potential for a significant winter weather event. Conditions are possible, but not imminent.

#### Winter Weather Advisory:

Winter weather is imminent and may cause an inconvenience.

#### Winter Storm Warning:

A significant winter storm is imminent, and is a danger to life and property.

#### Blizzard Warning:

A significant winter storm with strong winds, snow, and low visibility is imminent and a danger to life and property.

#### Ice Storm Warning:

Dangerous accumulations of ice are imminent.



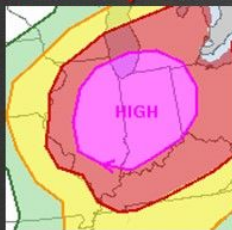
# Weather Preparedness - Warm Season

## The Stages of Severe Weather Preparation



NATIONAL WEATHER SERVICE  
Weather Forecast Office • Lincoln, IL

### Ready...



#### OUTLOOKS

Identifies areas with the greatest risk of severe weather.

Often issued well before the storms form.

Use for general planning purposes.

### Set...



#### WATCHES

Conditions are favorable for severe storms or tornadoes to develop.

Usually last 3 to 8 hours.

Continue normal activity, but remain alert for storm development.

### GO!



#### WARNINGS

Severe storms or tornadoes are imminent or occurring.

Usually last 30-60 minutes.

**This is the time to take shelter!**

# Weather Preparedness - Warm Season

It's important to have **MULTIPLE** ways to receive severe weather warnings!



NOAA  
Weather  
Radio

Commercial  
radio and TV  
stations



Cell phones

Internet and  
social media



Outdoor  
warning  
sirens

**Make sure you have a way to receive warnings while you are asleep!**



Weather.gov/Lincoln



NWSLincoln



@NWSLincolnIL



National Weather Service - Lincoln, IL



# Weather Preparedness - Warm Season

## When the Wind Blows

Identify an interior room in your house or at work that you can take shelter in during high wind warnings.



Head Inside Immediately

If you are driving and aren't near a sturdy building, hold the steering wheel with both hands and slow down.



Keep a distance from high profile vehicles.

Be Careful on the Road

High winds can create dangerous fallen or blowing objects.



Stay Clear of Hazards From Above



Stay Clear of Trees



Beware of Loose Outdoor Items



[weather.gov/wind](https://www.weather.gov/wind)

# Weather Preparedness - Warm Season

## Know Where to Go

When Sheltering from a Tornado



Top floor rooms  
DO NOT protect you.

If you have no basement,  
move to an interior room  
with no windows.

Exterior rooms and rooms with  
windows DO NOT protect you.

NO PLACE OUTSIDE  
is safe from a tornado.

Quickly move to your  
basement and bring your  
emergency supply kit.



[weather.gov/tornado](https://weather.gov/tornado)

# Weather Preparedness - Warm Season

## TORNADOES AND ROAD SAFETY

### WHAT TO DO

Get off the road. The best option is to drive to a designated shelter, basement or safe room.

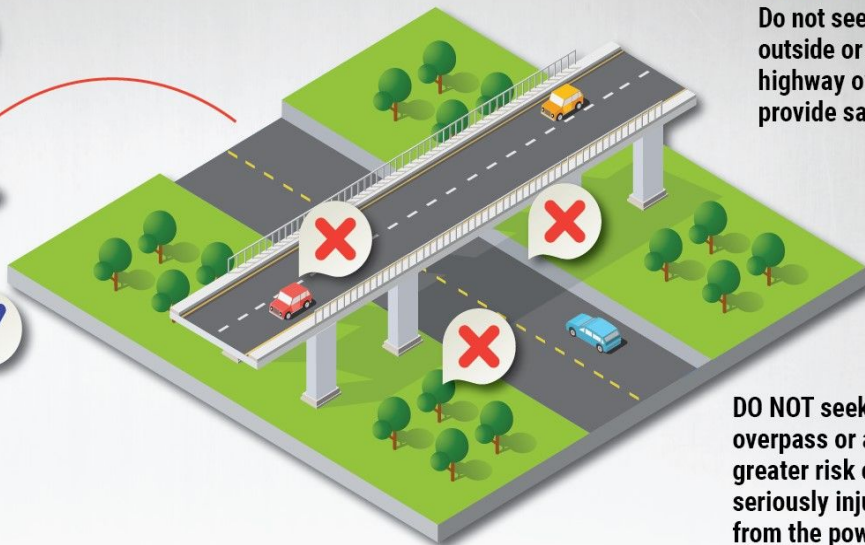


The next best option is a small, windowless room or hallway on the lowest floor of a sturdy building.



### WHAT NOT TO DO

Do not seek refuge in a vehicle, outside or under an overpass. A highway overpass does not provide safety from a tornado.



DO NOT seek shelter under an overpass or a tree. This puts you at greater risk of being killed or seriously injured by flying debris from the powerful tornadic winds.



# Weather Preparedness - Warm Season

## Spending Time Outdoors?



Be Aware of the Forecast Before You Head Out



Know How You Will Receive A Warning If One Is Issued



Know Where The Nearest Shelter Is Located



When Action Needs to be Taken, **DON'T WAIT!**

# Want to learn more?

- Attend one of our [\*Spotter Talks\*](#) near you this spring!
  - Find your local talk on our website
  - Learn about all types of severe weather
  - Learn some weather basics
  - Help us by reporting what you see
  - The classes are **FREE**

*To watch a recording of the spotter talk, visit the link to the right under the “[Spotter Resources](#)” tab*

- [\*\*COMET MetEd\*\*](#) online courses
  - Wide-variety of weather courses
  - All **FREE** for you to take!
  - All you need is a login account & password on the MetEd web page.
    - “Role of the SKYWARN Spotter” and “SKYWARN Spotter Convective Basics”

## [www.weather.gov/ilx/spotter](http://www.weather.gov/ilx/spotter)

The screenshot shows a calendar interface for "ILX Spotter Training and Talks". At the top, there are navigation options: "Today", left and right arrows, "Friday, January 26", and a dropdown arrow. To the right are buttons for "Print", "Week", "Month", and "Agenda". Below this, a message says "Showing events after 1/26. [Look for earlier events](#)". The calendar lists events by date:

- Tuesday, March 5**
  - 6:30pm Woodford Co Spotter Training
- Thursday, March 7**
  - 6:30pm Spotter Training - Mason City
- Monday, March 11**
  - 6:30pm Spotter Training - Effingham in the Effingham EOC
- Tuesday, March 12**
  - 6:30pm Spotter Training - Bartonville American Legion Hall
- Thursday, March 14**
  - 6:30pm Spotter Training - Havana
- Monday, March 18**
  - 6:30pm East Peoria Spotter Training - Paradise Casino
- Thursday, March 21**
  - 6:00pm Knoxville Fire Spotter Training - Knox Co
- Wednesday, March 27**
  - 6:30pm Champaign/Parkland College Spotter Training
- Thursday, March 28**
  - 6:00pm Coles Co/Charleston Spotter Training - Buzzard Hall Auditorium
- Tuesday, April 2**
  - 6:30pm Danville Spotter Training
- Saturday, April 13**
  - 10:00am Virtual Spotter Training Session (registration link in the description)

At the bottom, it says "Showing events until 2/28. [Look for more](#)". In the bottom right corner, there is a "Google Calendar" logo.

# Want to learn more?

## Weather Safety

[Weather.gov](http://Weather.gov) > [NWS Education](http://NWS Education) > Weather Safety

NWS Education  
National Program


# [www.weather.gov/education/weather](http://www.weather.gov/education/weather)

[JetStream](#) [Students](#) [Citizen Science](#) [Educator Resources](#) [Data Resources](#) [Safety](#) [Outreach](#) [Videos](#) [Connect with Us](#)



NWS National Seasonal Safety Campaign:

NWS Seasonal Safety Campaigns



WRN infographics




NWS and Partners Publication Brochures



Weather Safety Materials for Individuals with Intellectual Disabilities



Weather Safety for the Deaf and Hard of Hearing



EPA: Sun Safety



Welcome future Weather Wizard!  
Are you ready to start your weather safety know?

Weather Bug Safety Training



NWS Safety Tips



SPC Tornado Preparedness Tips For School Administrators



Weather Ready Nation: Prepare and Be Safe!

# Thank you!

# Questions?



[nws.lincoln@noaa.gov](mailto:nws.lincoln@noaa.gov)

+1 217 732 4029

[weather.gov/ilx](http://weather.gov/ilx)



# Sources

Cleveland Clinic - Asthobia (Fear of Thunder and Lightning) -

<https://my.clevelandclinic.org/health/diseases/22101-asthobia> - accessed 12/8/2023

Foundations 2 - Does severe weather make you anxious? -

<https://foundation2.org/does-severe-weather-make-you-anxious-youre-not-alone/#:~:text=Weather%2Drelated%20anxiety%20is%20common,or%20dread%20during%20weather%20events> - accessed 11/11/2023

Anxiety & Depression Association of America (ADAA) - Severe Storms: How to Reduce Your Anxiety -

<https://adaa.org/living-with-anxiety/managing-anxiety/hurricane-season-here-how-reduce-your-anxiety> - accessed 11/11/2023

National Weather Service, Central Illinois - Storm Anxiety and Stress -

[https://www.weather.gov/ilx/storm\\_anxiety\\_advice](https://www.weather.gov/ilx/storm_anxiety_advice)

Ready - Build a Kit - <https://www.ready.gov/kit> - accessed 12/8/2023