

Situational Awareness — Standard Wartime

Structured news monitoring prevents both under-awareness and doom-scrolling. Use this schedule during general wartime conditions.

OFFSET	REVIEW POINT	WHAT TO CHECK
Wake +0	Morning Scan	HFC app alerts · overnight incidents · current threat level
Wake +3h	Mid-Morning Brief	News headlines · any new HFC advisories · shelter status
Wake +6h	Midday Check	Situation development · HFC updates · any area changes
Wake +9h	Afternoon Update	Escalation indicators · supply situation · travel advisories
Wake +12h	Evening Review	Daily summary · overnight forecast · any curfew/guidance changes
Before bed	Sleep Assessment	Safe to sleep at home? · alerts configured? · overnight threat level

Example for 07:00 wake: checks at 07:00, 10:00, 13:00, 16:00, 19:00, and before bed.

Healthy monitoring habits:

- **Set a timer.** Check at scheduled times, then put the phone down. Constant scrolling increases anxiety without improving safety.
- **One reliable source.** HFC app is ground truth. Cross-reference with one trusted news outlet. Ignore social media rumours.
- **Share the load.** In a household, take turns being the “news person.” Not everyone needs to watch simultaneously.
- **Night discipline.** Unless on extra-vigilant, trust your phone alerts overnight. You do not need to set an alarm to check news.

Situational Awareness — Extra Vigilant

Use during active escalation, confirmed threats in your area, or when HFC has raised alert level.

TRIGGER	ACTION
Every 90 minutes	Quick HFC app scan — 30 seconds. Check for new alerts or area changes.
Before leaving home	Full situation check. Active alerts? Route shelters identified?
Before shower	Are there active alerts in your area right now?
After any siren / alert	Developing situation? Follow-up strikes expected? Stay in shelter until confirmed clear.
Before bed	Extended assessment — check multiple sources. Safe to sleep? HFC app override set?
If woken at night	Quick scan before returning to sleep. New alerts? Escalation?

When to escalate from Standard to Extra Vigilant:

- HFC raises alert level for your area
- Confirmed hostile activity nearby (within your shelter-time zone)
- Multiple alerts in 24 hours
- Government or military advisory to stay near shelter
- Your own judgement says the situation is deteriorating

When to de-escalate back to Standard:

- 24+ hours with no alerts in your area
- HFC lowers alert level
- Official guidance confirms reduced threat
- You're exhausting yourself — extra vigilance that causes burnout is counterproductive