

# FLORIDA WILDFIRES

## COPING WITH THE STRESS OF WILDFIRES

A natural disaster can cause much more than property damage; it can also create a wide range of emotional reactions. You may experience stress, anxiety, fear, uncertainty, and frustration, because you have been through an abnormal event. Everybody who witnesses a disaster is affected by it.

Even if there is no immediate danger to your home, wildfires and their aftermath can disrupt daily life for days, weeks, or longer. Paying attention to how you and your loved ones are feeling, and knowing the steps to protect yourself can help you cope with the stress caused by a natural disaster.

### COMMON SIGNS OF STRESS

- Feelings of worry, frustration, anger, or sadness
- Loss of appetite
- Tiredness or loss of energy
- Trouble concentrating or making decisions
- Nightmares and trouble sleeping
- Headaches, upset stomach, increased heart rate, and skin rashes
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs

### STEPS TO CARE FOR YOURSELF

- **Take care of your body:** Eat healthy, stay hydrated, get plenty of sleep, and exercise when it is safe to do so.
- **Connect with others:** Share your feelings and maintain communication with friends and family members.
- **Utilize community resources:** Seek support at local shelters or community centers, and find cleaner air spaces if possible, if you are displaced or affected.
- **Take breaks:** Allow yourself time to relax and engage in activities you enjoy.
- **Seek professional help:** Talk with counselors, health professionals, or trusted individuals about your feelings and concerns.

### HOPE FLORIDA

Hope Florida is Committed to helping individuals and families navigate the challenges of wildfires and the stress they can cause. This network of care provides comprehensive support to ensure you don't face these difficulties alone.

- **Practical Assistance:** Access resources for wildfire preparedness, recovery, and rebuilding, tailored to your specific needs.
- **Emotional Support:** Connect with counselors and support groups to help you cope with the emotional toll of wildfires.
- **Community Connections:** Link to local organizations and volunteer groups ready to offer hands-on assistance.
- **Guidance and Navigation:** Get personalized help navigating available services and creating a recovery plan.

Discover how Hope Florida can help you move forward with strength and resilience by scanning the QR code or visiting [HopeFlorida.com](https://www.HopeFlorida.com)



Know your forest area supervisor and follow local authorities for wildfire prevention, safety guidance, and information on active fires.

Learn more at [FDACS.gov](https://www.FDACS.gov)



Visit [FFS.Firesponse.com/Public](https://www.FFS.Firesponse.com/Public) or scan the QR to view a Florida wildfire map.

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