

Recovering from wildfires

Wildfires and evacuation experiences can be stressful events. It is common for people to experience strong emotions after such events.

If you find yourself struggling to manage your reactions, or feeling more stressed or anxious than you might expect, seek professional help.

Reactions vary from person to person. They may include:

- Intense emotions
- Unpredictable mood swings
- Repeated memories of the events
- Feelings of anxiety or nervousness
- Irritability
- Physical symptoms such as headaches

It is important to remember that there is no right or wrong way to feel.

For most of us, especially if we have never experienced challenges with anxiety or a low mood before, these reactions will gradually disappear over time. However, some of us may need extra help.

- Allow yourself time to adjust. Devote time to sleep, rest, contemplation and spend time with people who are important to you.
- Talk honestly about your needs with friends, relatives and important others.
- Remember that memories and emotions may remain with us for some time.
- Provide play experiences to children
- Encourage, but do not pressure, older children to share their thoughts and feelings

GREEK POLICE:
100.

FIRE AUTHORITY:
199

EUROPEAN EMERGENCY NUMBER: 112