

Reflect, Heal, Rebuild: Journal Prompts for Wildfire Recovery

Processing Emotions

1. What emotions have I been feeling since the wildfire began?
2. What has been the most challenging part of this experience for me?
3. How can I honor and validate the feelings I'm experiencing right now?

Coping and Resilience

4. What coping strategies have helped me manage stress during this time?
5. Who or what has provided me with the most support? How can I express gratitude for them?

Gratitude and Perspective

6. Despite the challenges, what are three things I'm grateful for today?
7. What small moments of hope or kindness have I noticed during this crisis?

Rebuilding and Moving Forward

8. What are my top priorities for healing and rebuilding after this experience?
9. What positive lessons or personal strengths have I discovered through this challenging time?

Self-Care and Reflection

10. How can I nurture my emotional well-being in the coming days and weeks?
11. What are three self-care activities I can do to bring myself comfort and peace?

Connection and Community

12. How has this experience changed my perspective on community and connection?
13. What can I do to support others in my community who may be struggling? Or to support myself?

Reflection and Hope

14. What does "healing" look like for me right now?
15. Imagine yourself one year from now, reflecting on this time. What would you want your future self to know or remember about your journey?

These prompts encourage individuals to process their experiences, focus on resilience, and find pathways to healing during and after the wildfire crisis.