

**National Interagency Coordination Center  
Incident Management Situation Report  
Sunday, October 10, 2021 – 0730 MDT  
National Preparedness Level 3**

**National Fire Activity:**

Initial attack activity:	Light (25 fires)
New large incidents:	0
Large fires contained:	4
Uncontained large fires: ***	27
Area Command teams committed:	0
NIMOs committed:	0
Type 1 IMTs committed:	2
Type 2 IMTs committed:	8

Nationally, there are 25 fires being managed under a strategy other than full suppression.

\*\*\*Uncontained large fires include only fires being managed under a full suppression strategy.

[Link](#) to Geographic Area daily reports.

[Link](#) to Understanding the IMSR.

One RC-26 aircraft with Distributed Real-Time Infrared (DRTI) capability and support personnel from the 141st Air Refueling Wing (Washington Air National Guard) has been deployed to Sacramento, CA in support of wildland fire operations. Also supporting this aircraft are four ground controllers from multiple U.S. Air National Guard squadrons.

<b>Active Incident Resource Summary</b>							
<b>GACC</b>	<b>Incidents</b>	<b>Cumulative Acres</b>	<b>Crews</b>	<b>Engines</b>	<b>Helicopters</b>	<b>Total Personnel</b>	<b>Change in Personnel</b>
AICC	0	0	0	0	0	0	0
NWCC	8	421,756	14	23	2	918	-61
ONCC	6	1,847,708	65	140	27	4,017	-142
OSCC	2	184,699	67	154	29	3,057	-202
NRCC	12	186,506	13	31	7	611	-208
GBCC	5	159,306	0	7	0	40	-32
SWCC	0	1,015	0	0	0	0	-11
RMCC	3	9,329	2	8	0	75	-24
EACC	1	1,936	0	2	0	52	20
SACC	3	1,038	1	27	1	79	-16
<b>Total</b>	<b>40</b>	<b>2,813,293</b>	<b>162</b>	<b>392</b>	<b>66</b>	<b>8,849</b>	<b>-676</b>

### **Southern California Area (PL 2)**

New fires:	5
New large incidents:	0
Uncontained large fires:	3
Type 1 IMTs committed:	2
Type 2 IMTs committed:	1

**KNP Complex** (2 fires), Sequoia & Kings Canyon National Parks, NPS. IMT 1 (CA Team 2) and IMT 1 (CA Team 1). Nine miles northeast of Three Rivers, CA. Short grass, brush and timber. Minimal fire behavior with creeping and smoldering. Numerous residences and infrastructure threatened. Evacuations, area, road and trail closures in effect.

**Windy**, Tule River Fire Department, BIA. IMT 2 (GB Team 6). Twenty-two miles east of Porterville, CA. Timber and brush. Minimal fire behavior with flanking, backing and creeping. Several communities, numerous structures and infrastructure threatened. Evacuations, area, road and trail closures in effect.

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel			Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli				
KNP Complex	CA-KNP	87,145	1,193	20	Ctn	10/31	1,935	-37	41	112	16	4	58.4M	NPS	
Windy	CA-TIA	97,554	0	85	Ctn	10/14	1,122	-165	26	42	13	128	65M	BIA	
Large Fires Being Managed with a Strategy Other Than Full Suppression Without a Type 1 or 2 IMT Assigned															
Tiltill	CA-YNP	2,350	---	95	Comp	10/22	0	---	0	0	0	0	326K	NPS	

YNP – Yosemite NP, NPS

### **Northern California Area (PL 3)**

New fires:	9
New large incidents:	0
Uncontained large fires:	6
Type 2 IMTs committed:	6

**Caldor**, Eldorado NF, USFS. IMT 2 (CA Team 13). IMT 2 (GB Team 7) mobilizing. Sixteen miles northeast of Plymouth, CA. Timber, light slash and brush. Minimal fire behavior with backing, creeping and smoldering. Several communities, residences and infrastructure threatened. Area, road and trail closures in effect. Precipitation occurred over the fire area yesterday.

**Dixie**, Butte Unit, Cal Fire. IMT 2 (GB Team 3) and IMT 2 (CA Team 14). Fifteen miles northeast of Paradise, CA. Timber and brush. Minimal fire behavior with creeping and smoldering. Area, road and trail closures in effect.

**River Complex**, Klamath NF, USFS. Nine miles southwest of Etna, CA. Timber and brush. Minimal fire behavior with creeping, backing and smoldering. Area and trail closures in effect.

**Monument**, Shasta-Trinity NF, USFS. IMT 2 (CA Team 11). One mile southwest of Del Loma, CA. Timber and brush. Minimal fire behavior with creeping and smoldering. Community of Trinity Village, numerous structures and infrastructure threatened. Area, road and trail closures in effect.

**McCash**, Six Rivers NF, USFS. IMT 2 (CA Team 10). Fourteen miles northeast of Somes Bar, CA. Timber, closed timber litter and brush. Minimal fire behavior with creeping and smoldering. Evacuations, area, road and trail closures in effect.

**Antelope**, Klamath NF, USFS. Twenty miles northeast of McCloud, CA. Timber and brush. Minimal fire behavior with creeping and smoldering. Structures threatened. Area, road and trail closures in effect.

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Caldor	CA-ENF	221,775	0	98	Ctn	10/16	1,071	0	27	34	6	1,003	255M	FS
Dixie	CA-BTU	963,309	0	94	Ctn	10/30	1,530	-69	17	73	10	1,329	627M	ST
River Complex	CA-KNF	198,906	0	89	Ctn	11/1	334	-23	7	6	3	122	88.8M	FS
Monument	CA-SHF	223,124	0	89	Ctn	11/1	556	42	9	18	3	50	152M	FS
McCash	CA-SRF	94,962	0	81	Ctn	10/31	351	-11	3	3	4	0	46.2M	FS
Antelope	CA-KNF	145,632	0	95	Ctn	10/14	175	-10	3	6	1	18	73.1M	FS

### **Northern Rockies Area (PL 2)**

New fires: 2  
New large incidents: 0  
Uncontained large fires: 5

**Crown Mountain**, Helena-Lewis and Clark NF, USFS. Fifteen miles southwest of Augusta, MT. Timber. Active fire behavior with single tree torching and backing. Structures threatened. Area, road and trail closures in effect.

**Cougar Rock Complex** (3 fires), Clearwater Potlach Timber Protective Association, IDL. Seventeen miles northeast of Elk River, ID. Light slash and timber. Minimal fire behavior with creeping and smoldering.

**American Fork**, Helena-Lewis and Clark NF, USFS. Twenty-four miles southwest of Harlowton, MT. Short grass, timber and brush. Minimal fire behavior. Area, road and trail closures in effect.

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Crown Mountain	MT-HLF	1,301	99	0	Ctn	11/10	133	0	4	8	2	0	603K	FS
Cougar Rock Complex	ID-CTS	8,207	0	77	Ctn	UNK	1	0	0	0	0	0	18.8M	ST
American Fork	MT-HLF	21,892	0	93	Ctn	10/15	29	1	0	2	0	0	11M	FS
Stateline Complex	ID-IPF	13,199	0	100	Ctn	---	0	-46	0	0	0	0	23M	FS
Coal Bank	MT-MCD	5,728	0	100	Ctn	---	0	-99	0	0	0	0	450K	BLM
Large Fires Being Managed with a Strategy Other Than Full Suppression Without a Type 1 or 2 IMT Assigned														
Trail Creek	MT-BDF	62,013	0	79	Comp	11/1	183	-54	3	2	3	0	32.6M	FS
Alder Creek	MT-BDF	36,968	0	59	Comp	11/1	22	0	0	1	0	1	30.4M	FS
Haystack	MT-BDF	24,011	0	89	Comp	10/31	87	-10	2	4	2	2	9.9M	FS
Placer	MT-BDF	184	---	95	Comp	10/31	2	---	0	0	0	0	400K	FS
Spire	MT-FNF	705	---	0	Comp	10/31	4	---	0	0	0	0	32K	FS
Dry Cabin	MT-LNF	3,600	---	0	Comp	10/10	6	---	0	0	0	0	185K	FS
Trestle Creek Complex	ID-IPF	6,631	---	99	Comp	10/15	4	---	0	0	0	0	14.2M	FS
Cabin Creek	ID-IPF	146	---	0	Comp	10/15	0	---	0	0	0	0	500K	FS
Dixie	ID-NCF	43,802	---	63	Comp	10/30	2	---	0	0	0	0	29.6M	FS
Lynx	ID-NCF	12,320	---	0	Comp	10/30	0	---	0	0	0	0	290K	FS
Jumbo	ID-NCF	3,283	---	46	Comp	10/30	0	---	0	0	0	0	145K	FS

Incident Name	Unit	Size		%	Ctn/Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Army Mule	ID-NCF	3,885	---	0	Comp	10/31	1	---	0	0	0	0	8K	FS
Porphyry	ID-NCF	142	---	0	Comp	10/31	1	---	0	0	0	0	NR	FS
Sheep Creek	ID-NCF	8,150	---	0	Comp	11/30	0	---	0	0	0	0	260K	FS
Woods Creek	MT-HLF	55,449	---	89	Comp	10/31	10	---	0	2	0	1	26M	FS

IPF – Idaho Panhandle NF, USFS MCD – Miles City Field Office, BLM BDF – Beaverhead-Deerlodge NF, USFS  
 FNF – Flathead NF, USFS LNF – Lolo NF, USFS NCF – Nez Perce-Clearwater NF, USFS

**Northwest Area (PL 2)**

New fires: 2  
 New large incidents: 0  
 Uncontained large fires: 10  
 Type 2 IMTs committed: 1

**Rough Patch Complex** (4 fires), Umpqua NF, USFS. IMT 2 (RM Blue Team). IMT is also managing the Jack incident. Eighteen miles southwest of Oakridge, OR. Closed timber litter and timber. Minimal fire behavior with smoldering. Area, road and trail closures in effect.

**Jack**, Umpqua NF, USFS. Thirty-one miles east of Roseburg, OR. Closed timber litter and timber. Minimal fire behavior with smoldering. Area, road and trail closures in effect.

**Devil’s Knob Complex**, Umpqua NF, USFS. Twenty miles northeast of Azalea, OR. Timber and hardwood litter. Minimal fire behavior with creeping, backing and smoldering. Area, road and trail closures in effect.

**Schneider Springs**, Okanogan-Wenatchee NF, USFS. Eighteen miles northwest of Naches, WA. Short grass, timber and brush. Minimal fire behavior. Area, road and trail closures in effect.

**Bull Complex**, Mt. Hood NF, USFS. Twenty-five miles northeast of Mill City, OR. Timber and closed timber litter. Minimal fire behavior with backing, creeping and smoldering. Area, road and trail closures in effect.

**Cougar Peak**, Fremont-Winema NF, USFS. Fifteen miles northwest of Lakeview, OR. Timber, brush and medium slash. Minimal fire behavior with smoldering. Area, road and trail closures in effect.

**Twenty-five Mile**, Okanogan-Wenatchee NF, USFS. Twelve miles northwest of Chelan, WA. Short grass, brush and timber. No new information.

Incident Name	Unit	Size		%	Ctn/Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Rough Patch Complex	OR-UPF	50,409	0	74	Ctn	10/31	345	-36	5	2	1	0	53.4M	FS
Jack	OR-UPF	24,165	0	83	Ctn	10/31	4	0	0	1	0	0	45.7M	FS
Devils Knob Complex	OR-UPF	70,110	0	65	Ctn	10/31	267	4	4	4	0	1	61.4M	FS
Schneider Springs	WA-OWF	107,322	0	91	Ctn	10/31	54	-7	1	5	0	0	53.9M	FS
Bull Complex	OR-MHF	24,894	0	36	Ctn	10/30	135	-11	3	3	0	1	34M	FS
Cougar Peak	OR-FWF	91,810	0	98	Ctn	10/15	16	-11	0	2	0	10	26M	FS
Twenty-five Mile	WA-OWF	22,117	---	64	Ctn	10/30	37	---	0	2	1	14	32.6M	FS
Large Fires Being Managed with a Strategy Other Than Full Suppression Without a Type 1 or 2 IMT Assigned														
Pincer Creek	WA-MSF	980	---	0	Comp	UNK	1	---	0	0	0	0	92K	FS

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Nason	WA-OWF	1,321	---	90	Comp	10/15	2	---	0	0	0	0	300K	FS

MSF – Mt. Baker-Snoqualmie NF, USFS

### **Rocky Mountain Area (PL 2)**

New fires: 1  
 New large incidents: 0  
 Uncontained large fires: 2

**Auburn**, South Dakota Wildland Fire Suppression. One mile north of Rapid City, SD. Timber and short grass. Minimal fire behavior with smoldering. Numerous structures threatened. Precipitation occurred over the fire area yesterday.

**Crater Ridge**, Bighorn NF, USFS. Thirty-one miles west of Sheridan, WY. Timber, heavy slash and short grass. Minimal fire behavior with creeping and smoldering. Area, road and trail closures in effect. Precipitation occurred over the fire area yesterday.

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Auburn	SD-SDS	964	0	90	Ctn	10/10	54	-18	2	4	0	0	750K	ST
Crater Ridge	WY-BHF	7,682	0	70	Ctn	10/30	13	0	0	1	0	1	15.4M	FS
Large Fires Being Managed with a Strategy Other Than Full Suppression Without a Type 1 or 2 IMT Assigned														
Morgan Creek	WY-MRF	7,586	---	36	Comp	10/31	5	---	0	0	1	0	12.6M	FS
Sylvan	CO-WRF	3,792	---	90	Comp	UNK	0	---	0	0	0	0	8M	FS

MRF – Medicine Bow-Routt NF and Thunder Basin National Grassland, USFS    WRF – White River NF, USFS

### **Great Basin (PL 1)**

New fires: 1  
 New large incidents: 0  
 Uncontained large fires: 0

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Large Fires Being Managed with a Strategy Other Than Full Suppression Without a Type 1 or 2 IMT Assigned														
Boundary	ID-SCF	88,757	0	88	Comp	10/30	5	-32	0	1	0	5	12M	FS
Rush Creek	ID-PAF	9,581	---	95	Comp	10/15	0	---	0	0	0	0	385K	FS
Club	ID-PAF	4,508	---	95	Comp	10/15	0	---	0	0	0	0	363K	FS
Vinegar	ID-PAF	2,998	---	99	Comp	10/15	5	---	0	0	0	0	286K	FS
Mud Lick	ID-SCF	20,856	---	70	Comp	10/19	1	---	0	0	0	0	25M	FS

SCF – Salmon-Challis NF, USFS    PAF – Payette NF, USFS

### **Southwest Area (PL 2)**

New fires: 0  
 New large incidents: 0  
 Uncontained large fires: 0

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Clip	AZ-IMR	1,015	0	100	Ctn	---	0	-11	0	0	0	0	25K	FWS

IMR – Imperial National Wildlife Refuge, FWS

**Eastern Area (PL 1)**

New fires: 1  
 New large incidents: 0  
 Uncontained large fires: 1

**Beaches Lake**, Minnesota Department of Natural Resources. Ten miles northeast of Lancaster, MN. Timber. Minimal fire behavior with smoldering. Precipitation occurred over the fire area yesterday.

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
Beaches Lake	MN-MNS	1,936	3	90	Ctn	10/15	52	20	0	2	0	0	133K	ST

**Southern Area (PL 1)**

New fires: 4  
 New large incidents: 0  
 Uncontained large fires: 0

Incident Name	Unit	Size		%	Ctn/ Comp	Est	Personnel		Resources			Strc Lost	\$\$ CTD	Origin Own
		Acres	Chge				Total	Chge	Crw	Eng	Heli			
M00	AR-OUF	257	0	100	Ctn	---	6	-14	0	1	0	0	8K	FS

OUF – Ouachita NF, USFS

**Fires and Acres Yesterday (by Protection):**

<b>Area</b>		<b>BIA</b>	<b>BLM</b>	<b>FWS</b>	<b>NPS</b>	<b>ST/OT</b>	<b>USFS</b>	<b>TOTAL</b>
Alaska Area	FIRES	0	0	0	0	0	0	<b>0</b>
	ACRES	0	0	0	0	0	0	<b>0</b>
Northwest Area	FIRES	0	0	0	0	1	1	<b>2</b>
	ACRES	0	0	0	0	0	0	<b>0</b>
Northern California Area	FIRES	0	0	0	0	8	1	<b>9</b>
	ACRES	0	0	0	0	2	12	<b>14</b>
Southern California Area	FIRES	0	0	0	0	5	0	<b>5</b>
	ACRES	0	0	0	0	0	591	<b>591</b>
Northern Rockies Area	FIRES	0	0	0	0	1	1	<b>2</b>
	ACRES	0	0	0	0	0	1	<b>1</b>
Great Basin Area	FIRES	0	0	0	0	0	1	<b>1</b>
	ACRES	0	0	0	0	0	1	<b>1</b>
Southwest Area	FIRES	0	0	0	0	0	0	<b>0</b>
	ACRES	0	0	0	0	0	0	<b>0</b>
Rocky Mountain Area	FIRES	0	0	0	0	1	0	<b>1</b>
	ACRES	0	0	0	0	55	0	<b>55</b>
Eastern Area	FIRES	0	0	0	0	1	0	<b>1</b>
	ACRES	0	0	0	0	0	0	<b>0</b>
Southern Area	FIRES	2	0	0	0	2	0	<b>4</b>
	ACRES	0	0	0	16	1	42	<b>59</b>
<b>TOTAL FIRES:</b>		<b>2</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>19</b>	<b>4</b>	<b>25</b>
<b>TOTAL ACRES:</b>		<b>0</b>	<b>0</b>	<b>0</b>	<b>16</b>	<b>58</b>	<b>647</b>	<b>721</b>

**Fires and Acres Year-to-Date (by Protection):**

<b>Area</b>		<b>BIA</b>	<b>BLM</b>	<b>FWS</b>	<b>NPS</b>	<b>ST/OT</b>	<b>USFS</b>	<b>TOTAL</b>
Alaska Area	FIRES	0	116	0	0	249	19	<b>384</b>
	ACRES	0	157,619	0	0	95,732	6	<b>253,357</b>
Northwest Area	FIRES	213	294	33	17	2,088	656	<b>3,301</b>
	ACRES	148,202	6,169	13,294	1,041	167,377	758,645	<b>1,094,729</b>
Northern California Area	FIRES	61	40	5	23	3,044	522	<b>3,695</b>
	ACRES	286	296	351	12,566	448,787	1,638,208	<b>2,100,494</b>
Southern California Area	FIRES	20	118	14	89	3,816	556	<b>4,613</b>
	ACRES	21,406	6,804	201	94,497	20,563	152,205	<b>295,676</b>
Northern Rockies Area	FIRES	1,305	104	23	5	1,488	797	<b>3,722</b>
	ACRES	121,520	37,838	2,755	51	459,626	409,963	<b>1,031,753</b>
Great Basin Area	FIRES	51	776	55	30	893	586	<b>2,391</b>
	ACRES	3,324	79,182	10	1,703	91,646	202,070	<b>377,935</b>
Southwest Area	FIRES	656	200	12	35	356	974	<b>2,233</b>
	ACRES	26,508	83,994	2,704	3,367	33,335	494,041	<b>643,949</b>
Rocky Mountain Area	FIRES	917	447	6	27	713	387	<b>2,497</b>
	ACRES	12,415	26,286	1,260	1,118	120,637	33,811	<b>195,527</b>
Eastern Area	FIRES	567	0	52	32	7,526	472	<b>8,649</b>
	ACRES	12,730	0	14,382	1,174	36,013	44,615	<b>108,914</b>
Southern Area	FIRES	475	0	61	44	14,509	426	<b>15,515</b>
	ACRES	30,355	0	11,883	8,521	280,013	28,079	<b>358,851</b>
<b>TOTAL FIRES:</b>		<b>4,265</b>	<b>2,095</b>	<b>261</b>	<b>302</b>	<b>34,682</b>	<b>5,395</b>	<b>47,000</b>
<b>TOTAL ACRES:</b>		<b>376,747</b>	<b>398,188</b>	<b>46,841</b>	<b>124,038</b>	<b>1,753,730</b>	<b>3,761,643</b>	<b>6,461,187</b>

<b>Ten Year Average Fires (2011 – 2020 as of today)</b>	<b>48,080</b>
<b>Ten Year Average Acres (2011 – 2020 as of today)</b>	<b>6,761,143</b>

\*\*\*Changes in some agency YTD acres reflect more accurate mapping or reporting adjustments.

\*\*\*Additional wildfire information is available through the Geographic Areas at <https://gacc.nifc.gov/>



**Predictive Services Discussion:** An upper low will move through the northern Plains and Minnesota while another upper low moves from New Mexico into the southern Plains. A strong upper trough will move into the northwest US and push a strong Pacific cold front through much of California, the Great Basin, and Northern Rockies. An upper ridge will extend from the northern Gulf Coast into New England with a weak upper low over the east coast of Florida. Another cold front will move through the central and southern Plains and into the western Great Lakes. Elevated to critical conditions are forecast across southern New Mexico into west Texas due to strong west winds. Gusty west winds are also forecast for the inland Northwest through the Northern Rockies and into the northern Plains. Showers and thunderstorms are forecast across the southern Plains into the mid-Mississippi River Valley and Great Lakes with severe thunderstorms forecast over Oklahoma and northeast Texas. Showers will continue in western Washington and Oregon with showers and thunderstorms spreading into the northern Great Basin and Northern Rockies during the day. Snow levels will fall rapidly behind the cold front to below 5,000 feet. Gusty north winds are likely to develop over northern California tonight behind the cold front with relative humidity dropping toward sunrise Monday.

<http://www.predictiveservices.nifc.gov/outlooks/outlooks.htm>



## Firefighter Stress Management

*Firefighter Health/First Aid*

The job of wildland firefighting can often be stressful and sometimes traumatic. In the wildland fire environment, conditions can take a toll on mental health. It is vital to mental fitness to address feeling overwhelmed by stress and trauma before they become a mental health issue. Mental fitness is just as essential as physical fitness for duty.

### AWARENESS – Stress Injuries can be caused by:

- *A Life Threat:* Due to an experience of death-provoking terror, horror, or helplessness.
- *A Loss Injury:* A grief injury due to the loss of cherished people, things, or parts of oneself.
- *A Moral Injury:* Due to behaviors or the witnessing of behaviors that violate moral values.
- *Cumulative Stress:* Due to the accumulation of stress from all sources over time without sufficient rest and recovery.

### RECOGNITION – Stress Size-up, monitor yourself and others for:

- Hazardous attitudes and stress reactions.
- Behavior changes (not talking, isolating, outbursts, increased use of substances, or making mistakes).
- Troubling feelings (fear, anger, anxiety, sadness, guilt, or shame).
- Thoughts of or mention self-harm or suicide.

### MITIGATION – Stress First Aid:

- Shrink the stigma – talk about it!
- Provide opportunities to calm:
  - Take a tactical stress pause.
  - Refocus; identify what really matters.
  - Try tactical breathing or similar techniques.
  - Get additional time off if needed.
- Get help. Just like in a medical incident, a higher level of care may be necessary.
- Reach out to friends, peers, loved ones, etc., for support.

### Burnout vs. Stress

Stress is often caused by a feeling that life is out of control. Stress can be brought on by long work hours, conflicts at home, or working under pressure. Typically, once the situation resolves itself or changes, stress lessens, or may disappear entirely. If not resolved, stress can impact your physical and mental well-being. Having to choose between work, family, or other priorities can become a long-term stressor.

Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It can take place over a long period. Burnout might occur if your work seems meaningless or if there is no end in sight under difficult work conditions. Burnout may happen due to a disconnect between work and life outside of work. Long fire seasons away from family, shortage of resources, gaps in key leadership positions, and communities threatened or lost can all contribute to burnout of wildland fire personnel. Additional contributing factors to burnout can be a culture that is pressured to be as tough as possible, not show weakness, or to speak up when you need help.



**ACTION:** Discuss what signs indicate stress in a person? How can you as an individual, or you as a crew, mitigate stress and prevent burnout?

**Resource:** For ideas to reduce stress and prevent burnout, watch this short video on [Work-Life Balance](https://www.youtube.com/watch?v=jdplKXLLYYM).  
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**Have an idea? Have feedback? Share it.**

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