

openly about the problem can help relieve stress for all of you. Don't be afraid to talk about it.

Focus more on the solution than on the problem! Thinking this way gives you some power over the situation. It is healthier because it cuts down the stress. Get involved with others in your community who are working for a solution. Avoid people who complain but won't get involved. Speak up about your ideas for solutions. Many good solutions come from the people. State your ideas again if no one appears to hear you the first time.

Avoid getting caught up in others' emotions. When you can, leave a conflict situation. Try to help others when they seem to need support. Sometimes, when problems continue for a long time, it can seem there is no one there for you, but you can strengthen each other.

If you have religious beliefs, **practice** them. For most people, this brings strength and peace even in a storm. It can relieve much of the effect of stress and restore comfort again.

You can get more information about hazardous waste sites at these Internet addresses:

Florida Department of Health
www9.myflorida.com/environment/hsee/Superfund/

Florida Department of Environmental Protection (DEP): www.dep.state.fl.us

U.S. Agency for Toxic Substances and Disease Registry (ATSDR): www.atsdr.cdc.gov

U.S. Environmental Protection Agency (EPA):
www.epa.gov

Florida Department of Health
Bureau of Environmental Epidemiology
4052 Bald Cypress Way, Bin #A-08
Tallahassee, FL 32399-1712
Telephone: (850) 245-4299

Toll Free during regular business hours: 1-877-798-2772
www9.myflorida.com/environment/hsee/Superfund/

Stress



Living Near a Hazardous Waste Site Can Be Stressful.



Many Life Situations Can Be Stressful.

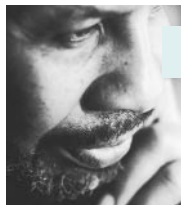
This pamphlet focuses on some of the stresses people can sometimes experience if they live near a hazardous waste site.



Too much stress can have a negative effect on people. Many things in life can cause stress. Stress is what happens to people when something upsets them. Just about anything upsetting also causes stress. Usually, the greater the upset, the greater the stress. When a person feels he or she has no control over a problem, or the person cannot change a bad situation, then the stress can be greater.

Living near a hazardous waste site can sometimes add extra stresses. Here are some of the things people can find stressful when toxic waste is found in their community.

- Fear and uncertainty over the possible effects on themselves and their family.
- Feeling they have no control over what is happening.
- Anger.
- Loss of security and safety in their neighborhood.
- Frustration from looking at so much technical information that sometimes seems to conflict with other information, and dealing with the confusion of all the different government agencies involved.
- Loss of property values.
- Frustration over how long cleanup takes.
- Feeling that the authorities do not care that this is happening to them and their families.



When stress increases, conflict in a community or in a family can also increase. Knowing this in advance can sometimes help people avoid conflict or hurt feelings when tension arises between people. Knowing stress increases conflict also can help them to avoid conflict in their community.

What can you do? Some hazardous waste cleanups can take years. As long as the problem is around, stress may be too. But there are some things you can do that can help relieve the effects stress may have on you. Trying some of the following suggestions will not make the problem go away, but may help you feel stronger to deal with it.

Learn! For most people, the more they know about the site and the plans for cleaning up, the less stress they experience.

Get active! A major cure for stress is to become part of the solution. Talk to people about what can be done; get involved in community groups working to solve the problem.

Take care of your body! Stress can weaken your body. It is important to take care of your body's needs. Get enough sleep. Eat well. Avoid using alcohol to get relief. Stay physically active. If you can, walk and exercise daily.

Spend more time with family and friends! This can help both you and them. Talking