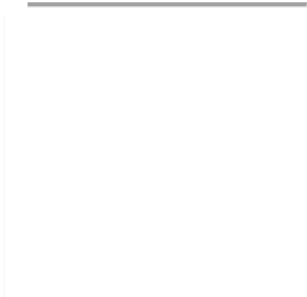




Your details



Submission details

I am making this submission as

A member of the general public

Submission type

I am making a personal submission

Consent to make submission public

I would like this submission to remain anonymous

Share your experience or tell your story

Your story

Summary: The 2019-20 Bushfire season negatively impacted my physical and mental health.

Point 1: Physical health

As a result of the heavy smoke I was unable to exercise outdoors. I stopped running and limited walking, which led to a deterioration of my physical fitness. Fresh air was impossible to come by and during the worst period I was unable to open windows and was left with stinging eyes after extended periods outdoors.

Point 2: Mental health

Throughout the bushfire season I lived in Leonay at the foot of the Blue Mountains. There was considerable stress associated with living in a potentially at-risk area. I was constantly worried about friends, as well as strangers living in and near directly fire-affected areas. The heavy smoke over Sydney was inescapable

and was a constant reminder of the fact that our country was burning and that people were losing their lives and livelihoods. I experienced elevated levels of anxiety throughout the bushfire season.

I hope the recent devastating fire season prompts action to address the root cause of this unprecedented fire season—climate change—in acknowledgement of scientific modelling that indicates that this will be the new normal moving forward without immediate action to reduce emissions.

Terms of Reference (optional)

The Inquiry welcomes submissions that address the particular matters identified in its [Terms of Reference](#).

Supporting documents or images
