

The outbreak of Avian Influenza has impacted your life in a variety of ways. Changes at work carry-over into one's personal life adding stress and concerns for yourself and family.

During stressful times, it is important to focus on maintaining a balance in your life and if needed, seek out new resources to help you with through these times.

Caring For Yourself

- ❖ Get enough sleep - about 8 hours a night.
- ❖ Eat healthy - 3 balanced meals a day.
- ❖ Do some light exercise.
- ❖ Avoid too much drinking - alcohol can make you feel down.
- ❖ Do activities you enjoy or find relaxing.
- ❖ Pray, meditate or relax.
- ❖ Take a warm bath or shower.
- ❖ Hug someone, hold hands, or stroke a pet.
- ❖ Stay connected to family and friends.

On the Job

- ❖ Job assignments may be changed – know that situation is stressful for everyone involved.
- ❖ Focus on tasks that you do well knowing that you're work still contributes to the business even though job tasks have changed.
- ❖ Support co-workers as they are dealing with additional stresses too.
- ❖ Maintain a positive focus – laughter is a good stress reliever.
- ❖ Ask questions of your employer understanding that they are responding to the situation as required.

Accessing community resources

If you need help with finding community resources, such as finding the local food pantry, help with rent, shelter, counseling, or looking for another job, contact 2-1-1. 2-1-1 is a free and private service.

How Do You Know If You Need Professional Help?

In general, professional help is a good idea if you're having trouble coping on your own.

Strong feelings that won't go away, that last longer than a few weeks, or are getting in the way of normal functioning may be signs of depression or anxiety.

The Wisconsin Farm Center can provide counseling tickets that can be used at participating counseling agencies; free of charge. Don't wait to get help for someone in need. Call the Wisconsin Farm Center at 800-942-2474 for more information.