

**Don't forget to talk
with your children.**



They may feel scared, angry, sad, worried, and confused. Let them know it's okay to talk about what's on their mind. Help children and teens maintain normal routines to the extent possible. Role model healthy coping skills.

You are not alone.

If you or someone you know
is struggling, there are many
resources to help you.

Natural Support Systems

In times of stress and crisis, don't forget to reach out to your community and natural support. They can help you through the tough times or support you while you work with a professional. Natural supports are those people who are already around you:

- Your family and friends
- A trusted teacher/school counselor
- Your faith leader
- Your doctor
- Employee Health/Assistance Program

Resource Information

Minnesota Farm & Rural
Helpline

Phone: 833-600-2670

Text: FARMSTRESS to 898211

Email: farmstress@state.mn.us

For more information please visit:
Minnesotafarmstress.com



Public Health
Stearns County



**How to better cope
with stress?**

Avian Influenza

Stearns County Environmental Services

320-656-3613

Stearns County Emergency Management

320-259-3940

There are a wide variety of positive and negative reactions that people can experience during a stressful event that is normal.

Stress, anxiety, and depression are common reactions after a life-altering experience.

Warning signs of distress may include:

- Sleeping too much or too little
- Stomachaches or headaches
- Anger, feeling edgy, or lashing out at others
- Overwhelming sadness
- Feeling like you have to keep busy
- Lack of energy or always feeling tired
- Drinking alcohol, smoking, or using tobacco more than usual; using illegal drugs
- Eating too much or too little
- Not connecting with others
- Feel like you will never be happy again



Tips for coping with stress

Take care of yourself. Try to eat healthily, avoid using alcohol and drugs, and get some exercise when you can– even going for a long walk can make a difference.

Reach out to friends and family. Talk to someone you trust about how you are doing.

Get enough 'good' sleep. Some people have trouble falling asleep during stressful times, others keep waking up during the night.

Take care of pets or get outside into nature. Nature and animals can help us feel better when we are down. See if you can volunteer at a local animal shelter. Find a quiet spot to sit outside or go for a hike.

KNOW WHEN TO ASK FOR HELP

Signs of stress can be normal, short-term reactions to any of life's unexpected events.

It's important to pay attention to what's going on with you or someone you care about, because what may seem like "everyday stress" can actually be:

- Depression (including having thoughts of suicide)
- Anxiety
- Alcohol or drug abuse

If you or someone you know may be depressed, suffering from overwhelming feelings of anxiety, or possibly abusing alcohol or drugs, you are not alone. There are many resources available to help you cope. Needing extra help during a highly stressful time is normal and OK.

