



START THE
CONVERSATION



WELLNESS
IN TOUGH TIMES

START THE CONVERSATION



N Wellness in Tough Times
EXTENSION ruralwellness.unl.edu

Are you feeling stressed, anxious, angry or overwhelmed? You are not alone.

It is important to stay connected during tough times. Reaching out is what makes us Nebraska Strong.

The Wellness in Tough Times grant project focuses on providing stress-reducing resources and support to rural Nebraskans. The project is supported by Nebraska Extension, Midwest Early Recovery Fund and the Peter Kiewit Foundation. If you received this mailing, your community is part of this project.

We are here to support you during this challenging time.

Let's start the conversation!

OUR SPONSORS



LET'S CHAT!



When times are tough, it helps to talk about it and bring out your resourcefulness. Join our Wellness in Tough Times Chat Café – anonymous group phone conversations that offer a safe time to share what's on your mind and connect with other Nebraskans who are facing similar challenges. Therapists from the University of Nebraska-Lincoln's Department of Child, Youth and Family Studies will be on the line to help callers work through issues connected to natural disaster recovery and gain skills to improve lives.

You may ask questions or just listen. Everyone is welcome!



Mark your calendars to join our Wellness in Tough Times Chat Café for the following discussion topics:

- Coping After a Disaster** Oct. 15 | 12 - 1 p.m. CDT
- Self-Care 101** Oct. 22 | 12 - 1 p.m. CDT
- Coping During a Pandemic** Oct. 29 | 12 - 1 p.m. CDT
- Finances: A Balancing Act** Nov. 05 | 12 - 1 p.m. CST
- Successfully Resolving Conflict** Nov. 12 | 12 - 1 p.m. CST
- Raising Healthy Children** Nov. 19 | 12 - 1 p.m. CST
- Strengthening Your Couple Relationship** Dec. 03 | 12 - 1 p.m. CST
- The Scope of Grandparenting Today** Dec. 10 | 12 - 1 p.m. CST

TO JOIN, CALL 346-248-7799

▶ Follow the prompts and enter Meeting ID 979 232 622 59#

CHECK ON FRIENDS & FAMILY

Right now, your friends and family need you more than ever! It is important to take time to touch base with those around you. This might be a phone call, a visit or a conversation using technology. When someone is experiencing a challenging time, it's hard to know what to say to someone who is struggling with depression, anxiety or other mental health issues. It's important to stay connected with friends and family and check in on them often — even if you can't be with them in person.

These tips make it easier to talk about mental health and start the conversation:

1. Listen. Let your friend or family member take the lead on the conversation.
2. Ask open-ended questions. Here are some conversation starters:

"Hey, we haven't talked in a while. How are you?"

"I've noticed you've been down lately. What's going on?"

3. Let them know you won't judge them, and this won't change how you feel about them.
4. Ask if they have seen a doctor. Encourage your friend or family member to see an expert.
5. Keep checking in. Show your friend or family member you are there for him/her.

Source: seizetheawkward.org



Coming Together for Wellness

Nebraskans come together in a crisis. The Coming Together for Wellness website provides ideas and activities that support and strengthen you and your family, and offers easy access to family therapists — no matter where you live in Nebraska.

- ▶ Chat with a therapist and find other resources: go.unl.edu/comingtogetherforwellness

GRATITUDE . . . & WELLNESS

Michelle Krehbiel, Ph.D.

Youth Development Specialist and Associate Professor,
Nebraska Extension 4-H Youth Development

Robert Emmons, Ph.D., a leading scientific expert on gratitude, believes that practicing gratitude encourages people to identify some amount of goodness in their lives. His research identifies the many ways gratitude benefits our physical and emotional health, including increased happiness, less depression, better sleep, reduced fatigue, and decreased feelings of materialism and burnout. Gratitude also inspires us to be more kind, more generous and helpful, and strengthens relationships. It can also help us celebrate the present, block negative emotions, deal with stress and gain feelings of self-worth.

Simple Ways to Practice Gratitude

Keep a gratitude journal

Write down one or two things you are thankful for on a regular basis. This could be as simple as the beauty of the sunrise or the kindness of family and friends. Then, periodically, take time to read the journal so you can reflect on past experiences and feelings.

Use gratitude language

Take time to express your thankfulness to others for the things they do in your life. For example, tell someone, "Thanks for helping me with this project" or "I appreciate you washing the dishes."

Be creative

Think about creative ways to express gratitude. It can be as simple as placing reminder notes to be thankful on your refrigerator or naming things you are thankful for that day. Another idea is to write messages using sidewalk chalk in the driveway, such as, "Thank you" or "I'm glad you are my neighbor."

Make a vow to practice gratitude

Making a promise to do something helps you get into the habit of doing it. Write down your gratitude vow and place it somewhere to be reminded of it often, such as your car or desk. The vow can be as simple as, "I will state three things I am thankful for every morning" or "I will tell someone each day why I appreciate them."

Source: University of California, Berkeley: go.unl.edu/gratitude-science

FOOD IN THE FIELD

Hannah Guenther

Extension Educator, Food, Nutrition and Health

It's easy to put health on the back burner during the busy seasons of harvest and planting, but fueling your body properly is vital to your mental and physical health. Consider making these small shifts to the meals you already enjoy and move toward a healthy eating pattern:

Shift to include more fruits and vegetables

Try to include a fruit or vegetable with each meal. For example, eat a banana with breakfast, baby carrots with lunch and some dried fruit for a portable afternoon snack.

Shift to include a variety of lean protein sources

Most adults get enough protein each day, but we need to make sure to include lean options, such as lean ground beef, chicken and pork, as well as seafood, eggs, nuts and beans.

Shift to include low-fat dairy sources

Bone health is important to keep up with physically demanding work. Try to eat three cups of low-fat dairy each day. String cheese is a great way to enjoy dairy on the go. If you cannot have dairy, be sure to incorporate dairy alternatives fortified with calcium.

Shift to include whole grains

Buy whole grain bread instead of white bread or snack on whole grain popcorn instead of potato chips to give you more energy throughout the day and increase fiber intake.



Farmer Foil Packs (4 servings)

Mix and match vegetables according to what you have and what you like. Try to include low-moisture vegetables so it is easy to eat in the field.

Ingredients:

- 1 bell pepper, washed and chopped
- 1 onion, washed and chopped
- 2 potatoes, washed and chopped
- 1 cup green beans, washed and chopped
- 1 lb kielbasa sausage, sliced on the bias
- 2 tbsp olive oil
- 1 tsp salt
- ¼ tsp pepper
- 1 tsp garlic powder
- 1 tsp dried parsley

Directions:

1. Wash hands with soap and warm water.
2. Add chopped vegetables to a bowl and add olive oil, salt, pepper, garlic powder and dried parsley.
3. Toss to combine.
4. Place 1 cup of vegetable mixture on a piece of aluminum foil. Add 1/4 of sausage on top.
5. Fold foil to seal edges to make a parcel.
6. Bake at 350° F for 25-30 minutes until vegetables are tender.

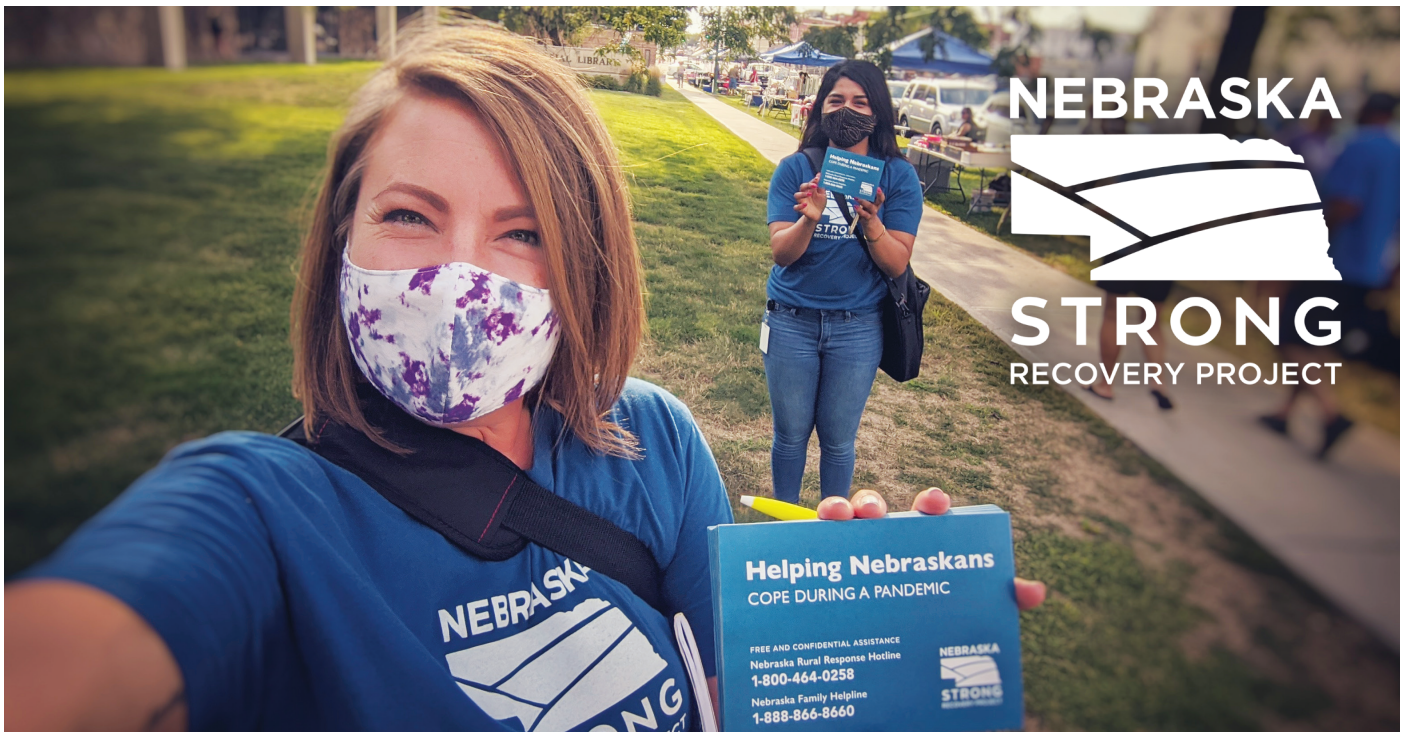


► To receive recipes, resources and more information, join the Food in the Field email list at go.unl.edu/foodfield or email hannah.guenther@unl.edu and tara.dunker@unl.edu.





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NEBRASKA

STRONG
 RECOVERY PROJECT

**Helping Nebraskans
 COPE DURING A PANDEMIC**

FREE AND CONFIDENTIAL ASSISTANCE
 Nebraska Rural Response Hotline
1-800-464-0258
 Nebraska Family Helpline
1-888-866-8660

Feeling stressed? We are here to help.

The Nebraska Strong Recovery Project provides community-based counseling to support Nebraskans during the COVID-19 pandemic. Call for free, confidential assistance.

MON-FRI 8 a.m. to 5 p.m. Central Time

Nebraska Rural Response Hotline
1-800-464-0258

24 HOURS A DAY/7 DAYS A WEEK

Nebraska Family Helpline
1-888-866-8660

 **@NebraskaStrongRecoveryProject**

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