

## Ways to Support Yourself During an Infectious Disease Outbreak

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### UNDERSTAND THE RISK

- Consider the real risk of harm to yourself and others around you.
- Stay up-to-date on what is happening with local community spread, while limiting your media exposure.
- Look for credible sources for information.

### EDUCATE YOURSELF

- Ask questions—clear communication with a health care provider may help reduce distress associated with social distancing, quarantine, or isolation.

### CONNECT WITH OTHERS

- Reaching out to those you trust is one of the best ways to reduce anxiety, depression, loneliness,.

### USE PRACTICAL WAYS TO COPE & RELAX

- Relax your body. Take deep breaths, stretch, pray, meditate, or engage in enjoyable activities.
- Pace yourself—do something fun after a hard task.
- Maintain a sense of hope & positive thinking. Write down things you are grateful for or that are going well.



## Contact Us

Outreach workers are available to provide *free, anonymous* emotional support and connection to resources.

Phone: 1-833-FARM-HELP  
(833) 327-6435  
(toll free)

Website:  
[www.projectrecoverywi.org](http://www.projectrecoverywi.org)

Facebook:  
[@projectrecovery.org](https://www.facebook.com/projectrecovery.org)

Project Recovery is a service made possible through partnerships between FEMA, Wisconsin Department of Health Services, WISCAP and SWCAP.



*“A pandemic will lead to permanent social, cultural, and economic changes. The key is to create good from a bad situation.”*

—Wayne Gerard Trotman



## What is Project Recovery?

Project Recovery is an outreach program working with individuals, families, and communities impacted by COVID-19 throughout the state of Wisconsin.

Trained outreach workers provide community-based support and education to help farmers, farmworkers, and their communities cope during this stressful time.

If you or a loved one are emotionally impacted by COVID-19, you may be experiencing:

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- Anxiety or fretfulness
- Anger, resentment, and conflicts with loved ones
- Uncertainty about the future
- Prolonged mourning
- Increased reliance on alcohol or drugs
- Diminished problem-solving
- Isolation and hopelessness
- Health problems
- Physical and mental exhaustion
- Lifestyle changes
- Financial stress

For those experiencing emotional distress, Project Recovery can offer:

- Compassionate & non-judgmental emotional support
- Organizing and task prioritization
- Information & resource referral
- Problem solving
- Coping skills
- Better understanding of your current situation and reactions
- Stress management
- Development of plans to address unmet needs



*Neighbors helping neighbors*