

Ways to Support Yourself During an Infectious Disease Outbreak

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

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:

- 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