

# STRESS: We can help!



In times of stress, whether financial or emotional, taking care of yourself, staying healthy and stretching resources are important skills. These resources and educational opportunities can help you cope.

## Who we are and how we can help

When you need answers, we are here to help. We are Human Sciences Extension and Outreach. Our research-based information and education can help you make decisions to improve your life in the areas of family finance, family life, and nutrition and wellness. We reach out to families across the lifespan and strive to build a #STRONGIOWA one person at a time!

## RESOURCES

**Iowa Concern** is a source of help for Iowans in stressful times. We have:

- **24/7 Phone Support** - Trained staff take your calls via a toll-free hotline at 1-800-447-1985.
- **Email an Expert** - Send your questions related to legal issues, finances, stress and crisis or disaster to our staff.
- **Live Chat** - One-on-one, secure communication through typed text with a stress counselor.

## Finding Answers Now

When an economic downturn or natural disaster impacts your farm margins, remember there is a human impact as well. We have educational resources to help you cope with concerns about personal finance, stress and relationships, and nutrition and wellness. Answers 'now' can be found through the [Human Sciences Extension and Outreach website](http://www.extension.iastate.edu/humansciences/content/finding-answers-now) ([www.extension.iastate.edu/humansciences/content/finding-answers-now](http://www.extension.iastate.edu/humansciences/content/finding-answers-now)).

## Spend Smart. Eat Smart.

Feed your family nutritious meals for less money! **Spend Smart. Eat Smart.** resources offer recipes and ideas to help you eat healthy, save money, and stretch your food budget. Learn strategies for saving money in each aisle of the grocery store. Connect with our blog, app, and social media accounts through the [Spend Smart. Eat Smart website](http://spendsmart.extension.iastate.edu) ([spendsmart.extension.iastate.edu](http://spendsmart.extension.iastate.edu)).

ADMIN 0039 November 2018

## EDUCATION

### What About Me? My Wellbeing

Engage in hands-on learning and develop a personal plan for your own wellbeing. Understand how financial, social/emotional and physical health work together to enhance your quality of life. All this in **What About Me? My Wellbeing**.

### Smart Choice™: Health Insurance

Changes in health insurance can influence your family finances! Come to a **Smart Choice: Health Insurance** workshop to find out how you may be affected. You'll learn options and strategies for selecting a health care plan to fit your family's health care needs and spending plans.

### ELEVATE: Taking Your Relationship to the Next Level

**ELEVATE** is a relationship education program that engages couples in learning and practicing seven core skills that are essential to maintaining healthy and stable relationships.

### Finances of Caregiving

Understanding possible solutions for caring for a loved one means you and your family can make the best decisions for their care. **Finances of Caregiving** guides you through finding and collecting needed information for your family's situation as you plan together with the care receiver.

### Food Preservation 101

Looking for ways to stretch your food dollar? Whether it's garden produce or deer meat, pickles or jams, you can enjoy later what you preserve now. Learn the latest recommendations when you enroll in **Food Preservation 101**.

### Contact information

For details on cost, location, and format of these educational offerings, visit the [Iowa State University Extension and Outreach website](http://www.extension.iastate.edu/content/contact-us) (www.extension.iastate.edu/content/contact-us).

## PUBLICATIONS

### Changing Farm Financial Conditions

[Encouraging a Friend to Seek Professional Help](http://store.extension.iastate.edu/product/14201) (store.extension.iastate.edu/product/14201)

[How to Help "When You Don't Know What to Say"](http://store.extension.iastate.edu/product/14202) (store.extension.iastate.edu/product/14202)

### Stress: Taking Charge Series

[All About Stress](http://store.extension.iastate.edu/product/5165) (store.extension.iastate.edu/product/5165)

[Managing Stress in Young Families](http://store.extension.iastate.edu/product/5166) (store.extension.iastate.edu/product/5166)

[Managing Stress in Midlife Families](http://store.extension.iastate.edu/product/5168) (store.extension.iastate.edu/product/5168)

[Managing Stress in Later Life Families](http://store.extension.iastate.edu/product/5169) (store.extension.iastate.edu/product/5169)

[Helping Children Manage Stress](http://store.extension.iastate.edu/product/5170) (store.extension.iastate.edu/product/5170)

[Using What You Have to Get What You Want](http://store.extension.iastate.edu/product/5172) (store.extension.iastate.edu/product/5172)

Photo by WavebreakmediaMicro/Adobestock.com.