

COVID-19 Resources

K-STATE

Research and Extension

Wild West District

April 6, 2020

AGRICULTURE

YOUTH &
FAMILIES

COMMUNITIES

We're here for you, as always

K-STATE RESEARCH & EXTENSION
WILD WEST DISTRICT

The agents of the Wild West Extension District are dedicated to ensuring you have the support you need during these trying times. Please browse through these resources we have provided for you, and let us know if you have any additional questions.

#KStateStrong

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12 Tools for Your Wellness Toolbox in Times of Farm Stress

Sean Brotherson, Ph.D., Family Science Specialist

1

Exercise 20 minutes or more daily (walk, swim, ride a bike, etc.).
Physical activity enhances feeling good.

Physical

2

Get a medical checkup with a local health-care provider.
Stress can cause or add to physical challenges.

3

Spend 10 minutes to plan your day and priorities.
A few minutes of planning reduces stress and helps you stay focused.

Mental

4

Take regular five- to 10-minute breaks in your day to relax and recharge.
Doing this multiple times a day renews your energy.

5

Write down three things that you are grateful for daily.
Conscious gratitude calms your mood.

Emotional/Spiritual

6

Share concerns with a counselor or other professional.
A listening ear helps lift your burdens.

7

Take 15 minutes each day for uninterrupted conversation with a spouse or family member.
A few minutes of planning reduces stress and helps you stay focused.

Personal/Relational

8

Get involved or stay connected with a friend or group of friends.
Doing this multiple times a day renews your energy.

9

Discuss needs of the farm operation but do not let them occupy all other aspects of life.
Plan other daily work tasks to shift your focus.

Work/Professional

10

Seek constructive feedback on your farm operation and ways to grow or improve.
Others can share ideas or assist in new ways.

11

Create a family budget and seek to live within your means.
This helps give you a sense of financial control.

Financial/Practical

12

Select three healthy habits you will try to practice daily.
Start today!

My Wellness Commitment

Circle or list at least three wellness tools you can begin doing today and post this in your home, office or vehicle as a reminder.

1 _____

2 _____

3 _____

For more information on wellness tools and farm stress, visit the NDSU Extension website at www.ag.ndsu.edu/drought/stress-resources or the K-State Families website: www.ksre.ksu.edu/families

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NDSU EXTENSION
SERVICE

MF3421 June 2018

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MF3421 June 2018

Talking to Kids About the Coronavirus

News about coronavirus COVID-19 is everywhere. This can be a very scary time for many, especially our children. Here is some advice from the experts at the Child Mind Institute about how to bring up the epidemic in a way that will be reassuring and not make kids more worried than they already may be.

DON'T BE AFRAID TO TALK ABOUT CORONAVIRUS.

Look at the conversation as an opportunity to convey the facts and set the emotional tone. Your goal is to help your children feel informed and get fact-based information that is likely more reassuring than whatever they're hearing from their friends or on the news.

TAKE YOUR CUES FROM YOUR CHILD.

Invite your child to tell you anything they may have heard about the coronavirus, and how they feel. Give them ample opportunity to ask questions. Your goal is to avoid encouraging frightening fantasies and correct any misinformation they may have heard.

BE REASSURING.

Children are very egocentric, so hearing about the coronavirus on the news may be enough to make them seriously worry that they'll catch it. It's helpful to reassure your child about how rare the coronavirus actually is (the flu is much more common) and that kids actually seem to have milder symptoms.

BE DEVELOPMENTALLY APPROPRIATE.

Do your best to not share too much information all at once with your kids because this can be overwhelming. Answer your child's questions honestly and clearly. It's okay if you can't answer everything; being available to your child is what matters.

DEAL WITH YOUR OWN ANXIETY.

Many of us are feeling pretty anxious ourselves, but what we want to do is remain calm when we are talking to our children about the virus. If you notice that you are feeling anxious, take some time to calm down before trying to have a conversation or answer your child's questions.

FOCUS ON WHAT YOU ARE DOING TO STAY SAFE.

An important way to reassure kids is to emphasize the safety precautions that you are taking. Kids feel empowered when they know what to do to keep themselves safe. The CDC recommends thoroughly washing hands as the primary means of staying healthy.

KEEP TALKING.

Tell kids that you will continue to keep them updated as you learn more. Let them know you don't have the answers to everything right now, but once you know more, you will be the one to communicate it to them.

STICK TO ROUTINE.

People don't like uncertainty, so staying rooted in routines and predictability is going to be helpful right now. This is particularly important if your child's school or daycare shuts down. Structured days with regular mealtimes and bedtimes are an essential part of keeping kids happy and healthy.

Resource: <https://childmind.org/coping-during-covid-19-resources-for-parents/>





Working Remotely During COVID-19: Your Mental Health & Well-Being

The Coronavirus (COVID-19) is presenting new and unique major challenges. We are navigating uncharted waters with this virus making it important to find new ways to work and interact while also taking care of our mental health and well-being.

Many are teleworking full-time for the first time, isolated from co-workers, friends and family. Our daily living routines are disrupted causing added anxiety, stress and strain physically, mentally, and financially. It is completely natural for this disruption and uncertainty to lead to anxiety and stress. Now more than ever, we all must take care of our mental health and well-being. As we protect ourselves against potential exposure to the Coronavirus, keep in mind that social distancing does not mean social isolation. This resource provides practical tips on taking care of our mental health and well-being.

How do I maintain my health & wellness?

- **Keep a regular schedule:** Create and maintain a routine and schedule. Set up a designated space for you and each family member to work and learn. Don't forget to include periodic breaks for recharging in your schedule. Although everyone's schedule will be different, here is a sample:

Time	Activity
7:00am	Wake up, stretch (take care of kids/animals)
7:30am	Breakfast and family time (technology free!)
8:30am-12:00pm	Work and check on updates with small breaks every 30 minutes or so
12:00pm - 1:00pm	Lunch break, get fresh air, stretch & exercise
1:00pm - 5:00pm	Work with breaks every 30 minutes, check in with co-workers
5:00pm - 7:00pm	Dinner and screen break! Call a friend, family, or loved one
7:00pm - 9:00pm	Self-care time



- ▶ **Stay connected:** Stay connected with family, friends, and support systems using technology like facetime, skype, google hangout and other video-based options. Talk about your fears and concerns with people you trust. Chances are they are feeling the same way.
- ▶ **Keep your immune system strong:** Make a commitment to staying strong by:
 - » Washing your hands with soap for 20 seconds (or 2 happy birthdays!)
 - » Getting enough sleep
 - » Eating well and staying hydrated
 - » Taking vitamins
- ▶ **Prioritize personal hygiene & limit contact with others:** This is imperative to avoid spreading the virus. Here's what should be done:
 - » Again, worth repeating, wash your hands thoroughly with soap and water for 20 seconds and use hand sanitizer regularly.
 - » Use a tissue to cover your sneeze or cough, or when unavailable, cough or sneeze into your elbow.
 - » Disinfect with anti-bacterial wipes areas and objects that are heavily trafficked or are touched regularly where you live and work.
 - » Avoid contact with those who are sick and avoid touching your face - eyes, nose, and mouth.
 - » Stay home when you are sick.
- ▶ **Exercise & stay active:** This is not only good for your physical health, but your mental health too. Periodically, get up and move around your home. Walking, stretching, planks or jumping jacks, whatever works best for you to reduce or alleviate stress and increase endorphins. While our favorite gyms and fitness centers are closed during this time, many are offering free livestreams or app-based workouts for members and the general public, so check online to see what's available.
- ▶ **Get fresh air:** If circumstances allow, go outside for a brisk walk and fresh air, but avoid crowds and close contact with others.
- ▶ **Stay informed:** Knowledge is power and it's good to stay updated on progress being made in combatting the virus. Stay informed on the latest updates from reliable sources like the Centers for Disease Control (CDC) and the World Health Organization (WHO).
- ▶ **Limit media consumption:** Avoid continuous exposure to news, media, and social media that may trigger or elevate anxiety, stress or panic. Stay informed but limit media consumption.
- ▶ **Set boundaries on work schedule:** When working from home, be sure that you are working reasonable hours. It can be tempting to work more while you have your work at home, however it can also be taxing on your health and well-being, so stick to a schedule with healthy boundaries.
- ▶ **Distract & redirect:** Engage in activities that benefit your well-being, bring you joy and distract you from existing challenges. This might include meditation and yoga, often offered free online. You may also enjoy journaling, reading, art projects, cooking with new recipes, breathing exercises, or listening to a calming podcast or music.
- ▶ **Get creative:** share tips with co-workers and friends on what's working well for you and encourage them to do the same. Come up with new ideas like planning a google hangout at a mutually agreed upon time to exercise together - like 1-minute planks, 10 jumping jacks, whatever you decide, but keep it simple. Share photos of pets on how they are enjoying the new routine. The sky's the limit on creative ways to stay connected.

How do I manage my mental health condition during this challenging time?

The information included above applies to everyone whether you experience a mental health condition or not. Here are additional tips for those diagnosed with mental health conditions:

- ▶ **Continue treatment & medication:**
 - » Despite changes in routine, it is extremely important to follow your treatment plan.
 - » If your symptoms change or you need reassurance during this difficult time, call your treating provider's office to see if they are offering virtual visits. Tele-mental health visits are growing and an important way to connect with care.



- » Be sure that medication refills are up to date. If you are concerned about running low, request that your treating health care provider approves a 60- or 90-day supply of medication.
 - » Cold and flu medications may interact with antidepressants and/or anti-psychotics so consult with your health care provider or pharmacist if you are using over the counter medications.
- **Responding to symptoms of COVID-19:** If you are feeling symptoms that may be associated with the COVID-19 virus, call your primary care provider first to talk about next steps in care. This virus continues to strain hospital resources so it's best to get directions from your primary care provider on what to do rather than going to an emergency room.
 - **Recognize warning signs & triggers:** Continue to monitor new or worsening symptoms you may be experiencing with either your mental health or overall health and well-being. Do your best to keep your stress level low and engage in activities, like those listed above, that help you manage your stress levels during this disruptive time.
 - **Engage your support network:** Just as you would during other major life changes, stay connected with family and trusted friends and let them know if you need extra support during this challenging time. That might include regular phone calls, check-ins, and related support. Be clear about what you need during this time.
 - **Stay connected with communication & meeting tools:** Use virtual meeting options with video, like Zoom and JoinMe, for regular check-ins and to allow teams to connect with one another "face-to-face."
 - **Recognize the impact of isolation & loneliness:** Working remotely can cause people to feel isolated, making it more important to routinely check in with your team, not only about their work product, but also to see how they are doing. Loneliness can lead to depression and other mental health issues. Be aware of significant changes you may see in your team member's personality or work product, because it may be a sign that a person is struggling.
 - **Encourage online training:** This is a great time to encourage employees to sharpen their skills with online training. It is also a good distraction to focus on learning rather than worrying about other issues. Find online trainings and new learning opportunities to recommend to employees.
 - **Check in with your EAP & Health Plan:** Check in with your Employee Assistance Program (EAP) to confirm their availability and to coordinate support for employees. Remind the staff that the EAP is there if they need support and can connect employees with behavioral health support if it's needed. Also, connect with the organization's health plan(s) to learn what they are offering to support plan members and pass that information onto employees. Be sure to include all relevant weblinks and phone numbers for both the EAP and health plan in communicating with employees.

What can managers and HR professionals do to support employees?

With many organizations requiring employees to stay out of the office, it's more important than ever to encourage and facilitate regular communication with employees. Here are tips for managers and human resource professionals in supporting employees in staying connected to the workplace and each other:

- **Show empathy & be available:** Understand that employees are likely feeling overwhelmed and anxious about circumstances related to the virus. Make yourself available to your staff to talk about fears, to answer questions and to reassure them about work and other issues that might come up.



Links to Additional Helpful and Reliable Resources

CDC:

cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html

APA:

- psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks
- psychiatry.org/psychiatrists/covid-19-coronavirus

WHO:

who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_8

SAMHSA:

samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf

NAMI:

nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NA-MI-Releases-Importan/COVID-19-Updated-Guide-1.pdf?lang=en-US

SUPPORT & LIFELINES:

If you are experiencing high levels of stress, anxiety or depression, reach out for support.

- » Crisis Text Line: **Text 741741**
- » National Suicide Prevention Lifeline: **1-800-273-8255**

For more resources on workplace mental health, visit the Center's website: **workplacementalhealth.org**.



Fundraiser site to help Seward County people impacted by COVID 19

A fundraising site, “Response to COVID-19: Seward County, Kansas” has been set up to leverage dollar-for-dollar matching funds (up to \$10,000) from the Kansas Health Foundation. The site, <https://ioby.org/pro.../response-covid-19-seward-county-kansas>, is now active and accepting donations. All donations are tax-deductible and will be matched up to \$1,000 per donor. The goal set is \$20,655.

The funds will be managed by Genesis Family Health, Seward County United Way, and the Liberal Area Coalition for Families. They are currently developing the criteria and procedure for how the funds will be distributed to individuals.



USDA Announces Online Tool to Help Families Find Meals for Kids During COVID-19 Emergency

Interactive map finds free meals during school closures

WASHINGTON, April 3, 2020 –The U.S. Department of Agriculture (USDA) today announced the launch of an online tool – the “Meals for Kids” Site Finder – to help families find meals for children while schools are closed during the coronavirus pandemic. This is the latest in a series of swift actions USDA has taken to keep children and low-income individuals fed during the ongoing health crisis.

The “[Meals for Kids” interactive map](#) directs people to local sites where kids can get free meals. The site finder currently lists more than 20,000 meal sites from 23 states, and more sites will be added as states submit data each week. The map is available in both English and Spanish at www.fns.usda.gov/meals4kids.

USDA is an equal opportunity provider, employer and lender.

Economics of Agriculture During the COVID-19 Pandemic

A Series of Online Gatherings

"Ongoing Effects on Livestock Markets" – Glynn Tonsor

Thursday, April 9, 2020 7:00 pm CDT.

Online - Zoom No fee. Registration required and limited to 300.
Recordings will be posted on AgManager.info following each session.

Register: https://ksu.zoom.us/meeting/register/vpUkfuCqrjMpPby8_ik9UVzpzNpcXFW1mQ

"Effects on Land Values" – Mykel Taylor

Thursday, April 16, 2020 7:00 pm CDT.

Online - Zoom No fee. Registration required and limited to 300.
Recordings will be posted on AgManager.info following each session.

Register: Link will open on April 10

Check back to : <https://agmanager.info/events/economics-agriculture-during-covid-19-pandemic-series-online-gatherings>

Private Applicator Exams May Be Taken At Home

The Kansas Department of Agriculture (KDA) is temporarily allowing producers needing to obtain Private Pesticide Applicator licenses to take the exams at home. Producers may obtain a private pesticide applicator license in the same manner in which they would renew their license online. The procedure for obtaining a license is as follows:

1. E-mail kda.pestfert@ks.gov to get your certification number and to preregister.
2. log into <http://www.kellysolutions.com/KS/PrivateApplicators/Testing/Login.asp> to take the exam.

The manual is available to download for free K-State's bookstore at <https://bookstore.ksre.ksu.edu/pubs/MF531.pdf>. We have a limited supply of manuals available in the offices. If you would like borrow a manual or wish to receive a paper copy of the exam, please contact Extension Agent, Ron Honig at 620-544-4359.

4-H & Youth Development Activities

[Wyoming 4-H](#)

[Kentucky 4-H](#)

[Smithsonian Virtual Access](#)



Agriculture

[Production Commodity Resources](#)

Children and Families

[Emotional Well-Being Support](#)

[Family Resources](#)

[Well-Being Tool Kit](#)

[Covid-19 Coping Resources](#)

Financial Security

[COVID-19 Funding Opportunities](#)

[Money Management in Tough Times](#)

General Information

[Food Safety](#)

[OSHA Guidance](#)

[Center for Disease Control-general info](#)

[USDA Info](#)

[Spanish Resources](#)

[K-State Resources](#)

Mental Health

[Suicide Prevention Lifeline](#)