



The College of Agricultural, Consumer and Environmental Sciences

Henry/Stark Counties

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(309) 932-3447
Tues, Wed, Thur. 8 am - 4 pm

Mercer County

910 13th St. Viola, IL
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Tues, Wed, Thur. 8 am - 4 pm

Rock Island County

321 W 2nd Ave. Milan, IL
(309) 756-9978
Mon-Fri. 8am - 4 pm

Visit our website: extension.illinois.edu/hmrs

Coping with anxiety to live a fuller life

Alexis Sanders, Family Life Intern, Community Health, University of Illinois

Anxiety can be described as persistent and excessive fears about everyday situations. There can be many signs of anxiety. Some of the most common anxiety symptoms can include having trouble sleeping, feeling nervous or irritable, increased heart rate, and difficulty concentrating. If anyone is experiencing any of these symptoms, there are multiple treatment options for reducing anxiety.

Treatments for anxiety can be used alone, with others, or with a medical professional, if severe. Many people believe that medication is the only treatment for anxiety disorders, which is not true. Some of the most common treatments, when used alone, can include relaxation techniques, meditation, and exercise.

Other treatments that can be used with a medical professional include many different types of therapies. Cognitive behavioral therapy is used to target the physical symptoms and behaviors of anxiety. Acceptance Commitment Therapy is used as a mindfulness-based approach to help with finding a positive outcome associated with anxiety.

According to research on anxiety, there are various ways for an individual experiencing anxiety to use coping strategies to help when feeling stressed or anxious. Below are in-depth strategies that you may want to try:

- Eat well-balanced meals. It is essential that you aren't skipping meals and make sure you have healthy and energy-boosting foods if you need a snack.
- You can always try taking a time-out. Whether listening to music, practicing relaxation techniques, or taking a nap, it can help to take a step back and clear your mind.
- Making sure you are getting enough sleep can be equally important. If you are experiencing anxiety or stress, additional rest and sleep can help your body in more ways than one.
- Try to figure out what is triggering your anxiety. It may help to observe when you are anxious by writing down the situations and looking for common patterns.



- You can look for support from your friends and family. Just talking to someone about the things that make you feel anxious and stressed can help—telling people that you are overwhelmed and how they can help you can be useful if looking for support. You can also talk with professional therapists and physicians if you need additional support.
- It may not always be easy, but maintaining a positive attitude is a helpful coping strategy. Trying to replace negative thoughts with positive thoughts can be a challenging accomplishment, but if there is an effort made, it can help.
- Taking deep, slow breaths can often help. Try to count to ten slowly and repeat if needed.
- Exercising can be used as a coping strategy. It can help to make you feel better and maintain your health. You could take a walk or bike ride for 30 minutes a couple of days of the week. There are also fun group exercise programs that could be enjoyable, such as Zumba, yoga, or indoor cycling.

Often with many things in life, it is good to try different coping strategies to find the one that works best for you or for different situations. Sometimes, it is a combination of pairing multiple strategies. If you are ever feeling overwhelmed, please try some of these strategies to see if any are helpful.

Attend our free online workshop "Don't Go It Alone: Improving Your Social Connections" June 8, 10 a.m. Register at go.illinois.edu/SocialConnections

Read more about it on page 3.



With rising food costs, IL Extension has tips to save.

Planning ahead is key to saving money!

“The tips I learned on saving money at the store have been so helpful. I am able to now save money to purchase other things that my children need and also save money for our family.” said one [Eat.Move.Save](#) user.

Getting Started

- Check the pantry, refrigerator, and freezer before you go shopping.
- Check the sales advertisements and coupons that may be available.
- Plan meals for the week based on what you have already available and what is on sale! This really helps save you money. Use our recipes section to find new favorites!
- Make a shopping list and stick to it! Limit impulse purchase at the store.

Where to Shop Near You

Where do you shop for foods and beverages? You can purchase foods at the local grocery store, corner store, super center, or farmers market!

- Food pantries are located throughout communities to assist with providing free food to those in need. To find local food assistance, visit riverbendfoodbank.org



Farmers Markets Near You!

Below is a list of some of our local Illinois farmer's markets:

QC Farmers Market, Rock Island

Saturdays, 8 am - noon

17th St. and 1st Ave, (West lot of Schweibert Park)

Aledo Main Street Farmers Market

Thursdays, June 8 - Sept 28, 4 - 6 pm

Central Park, Aledo, IL

Geneseo Farmers Market

Saturdays, 8 am - noon

June to October

Pearl Street (between 2 sides of the city park)

Kewanee Farmers Market

Wednesday & Saturdays, 8 am - noon

May 13 - Oct 28, 2023

Tremont & Third Streets, (next to the Amtrak Station).

Cambridge Farmers Market

Thursdays, 2:30 - 5:30 pm

College Square Park

Learn to can with confidence in June!

One of the best ways to preserve food is canning, a home-based method of food preservation that helps people prolong garden harvests, save on food costs, participate in family traditions, and control the quality of the food they eat.

Discover how to can with confidence and learn the proper techniques for safely using a water bath canner, including an electric water bath canner, steam canner, and pressure canner, in the 3-week online series “Fill Your Pantry: Canning with Confidence,” presented by Illinois Extension. Each session will offer instructions, recipes, and resources to get started canning safely and will include a video demonstration showing each canner in action.

Session dates:

June 8 | Noon: Boiling Water Bath Canners

June 15 | Noon: Steam Canners

June 22 | Noon: Pressure Canners

Register at go.illinois.edu/FillYourPantry or call our office at (309) 756-9978



Want to learn about other food preservation methods? Watch recorded sessions that cover drying, fermenting, freezing, pickling, and processing foods such as tomatoes, apples, jams, and jellies at: go.illinois.edu/CanningVideos

Strengthen your farm's resiliency with legal training for Illinois small farms



Legal risks can be fatal to a farm business and addressing them proactively can keep farms in business. The relief of understanding legal issues can dispel anxiety and help farmers realize their power to control their circumstances. Illinois Extension partners with Farm Commons for a four-part quarterly webinar series, "Legal Training for Illinois Small Farms," featuring topics around legal questions for all Illinois farmers. Here's what's coming up:

June 26: Exploring the H-2A Visa Program

The H-2A visa program helps farmers bring citizens of other countries to the United States for seasonal and temporary agricultural work. With a tight labor market, the visa program is experiencing added growth. This session will assist farmers in assessing whether H-2A might address their operation's labor shortage issues and explore the extensive regulatory obligations associated with application and participation in this program. Finally, the session will address critical ways producers can guard against worker vulnerability to ensure respect, responsibility, and safety for all. Register at go.illinois.edu/ExploreH2A.

Future topics:

- **Sept 18: 5 Steps to Protect Your Farm, Legally Speaking**
- **Dec 18: Land Leasing Basics**
- **March 18 2024: Forming an LLC**

Local Food Assistance Grant Opportunity

The US Department of Agriculture established the Local Food Purchasing Assistance program to strengthen statewide food systems over two years. Funds will buy food from socially disadvantaged growers and producers, and distribute it at no cost to community members. Interested lead agencies will coordinate with socially disadvantaged growers/producers and community partners that distribute food to underserved communities (e.g. food pantries, mobile markets, nonprofits, etc.) to submit a grant application. Funding will be awarded from the Illinois Department of Human Services (IDHS) to selected lead agencies throughout the state. Lead agencies will provide payment to the growers/producers. Community partners will distribute the food to community sites/members at no cost. For more information visit: go.illinois.edu/LFPAGrant

Let's Talk Money Webinar Series 2023

Let's Talk Money is a free, 7-week series to help you gain financial knowledge and the confidence to talk with family, friends, and financial professionals about money. Many times, lack of financial knowledge and uneasiness of discussing sensitive issues keep people from having crucial conversations to improve their financial health. By joining one or all of these webinars, you are taking proactive steps to improve your overall financial well-being. Register at go.illinois.edu/LetsTalkMoney23

WHO ARE YOU WITH MONEY (June 6 @ noon)

The first step to taking control of your money is matching your values and goals to your financial decision-making. In this interactive workshop, assess who you are with money, and where you want to be in the future.

HOW MUCH IS TOO MUCH DEBT (June 13 @ noon)

Deciding when and how much credit to use depends on the financial situation.

FAIR ACCESS TO CREDIT (June 20 @ noon)

Not all individuals and families have the same access to credit. We will explore the challenges of obtaining credit as well as unfair lending practices that create barriers to accessing the mainstream credit market.

DEBT REPAYMENT STRATEGIES (June 27 @ noon)

Learn strategies for prioritizing debt repayment, and paying it down effectively. Explore options for student loan repayment.

Next month's topics:

CREDIT SCORES REVEALED (July 11 @ noon)

SECRETS FOR FINANCIAL SUCCESS (July 18 @ noon)

MAKE YOUR SAVINGS GROW (July 25 @ noon)

Don't Go It Alone, Lessons for Living, June 8, 10 AM



Connection with others supports well-being and health.

Research increasingly shows that social isolation and loneliness can deeply impact the quality of life, especially for older adults. And some studies show that more than a fifth of adults in the United States identify themselves as lonely, isolated, or both. This lesson will help participants to define the difference between social isolation and loneliness and identify the risk factors for both. The various consequences of isolation and loneliness will also be discussed, as well as, strategies for staying connected with others. Register at go.illinois.edu/SocialConnections



4-H Workshops & Events

Family fun with Illinois Extension, Mercer County 4-H, Mercer County Farm Bureau, Mercer County Soil & Water Conservation District, the YMCA, and Aledo Main Street.

Join us Fri June 9 in Aledo, IL for Farm in the Park & the 4-H BBQ

Bring your family for a fun day exploring agriculture at Farm in the Park in Central Park from 3:30 - 6 pm

FREE hands-on educational activity stations, games, petting zoo, crafts, jump house, and farm equipment!



Get dinner at the 4-H BBQ at the Aledo Fire Station from 5-7 pm
Dine in, Carry Out, or Drive-Thru

\$10 pork chop sandwich meal or \$5 hot dog meal.

A delicious way to support Mercer County 4-H!



The fun continues with a free movie at dusk in Central Park!



4-H at the Henry County Fair Cambridge, IL | June 17- 24

Check out the 4-H Shows during the annual Henry County Fair. The 4-H Food Stand will also be open. It's a great way to support the program while you enjoy a fresh squeezed lemon shakeup and other delicious items!

Henry County 4-H Shows

Saturday, June 17

- General Projects Judging, 9-11 a.m.
- General Projects will be on view in the Art Hall building during the fair starting Tues June 20 at noon - Sun June 25 at noon.*
- Dog Obedience & Showmanship 2 p.m.

Tuesday, June 20

- 4-H Food Stand opens, 3 - 7 p.m.
- No 4-H Shows

Wednesday, June 21

- 4-H Food Stand open 7 a.m. - 7 p.m.
- Bucket Calf Show, 1:30 p.m.
- Beef Exhibitor Games, 3 p.m.
- Master Showmanship, 6:30 p.m.

Thursday, June 22

- 4-H Food Stand open 7 a.m. - 7 p.m.
- Swine Show, 8 a.m.
- Beef Show (steers and heifers) 9 a.m.
- Sheep Show (after swine show)
- Goat Show (after sheep show)
- Junior Livestock Auction, 6:30 p.m.

Friday, June 23

- 4-H Food Stand open 7 a.m. - 7 p.m.
- Horse Show, 9 a.m.

Saturday, June 24

- 4-H Food Stand open 7 a.m. - 7 p.m.
- Rabbit Show, 8 a.m.
- Poultry Show, 9 a.m.