

Stress Management After a Disaster: Promoting the Health and Well-Being of Families During Difficult Times. This publication identifies the symptoms of acute and chronic stress and practical coping strategies that address problem-focused, environment-directed, emotion-focused, and self-directed skills. <http://cals.arizona.edu/pubs/family/az1341/az1341e.pdf>

Bouncing Back When Your Income Drops: Working Together as a Family. This publication focuses on the stress of joblessness and offers information about the signs of stress that children show at different ages, warning signs of stress getting out of control, and family-centered suggestions for coping with it. <http://pubs.cas.psu.edu/Freepubs/pdfs/ui341.pdf>

Encouraging Family Communication after a Disaster: Promoting the Health and Well-Being of Families During Difficult Times. This publication explains how important family communication is in times of stress, even though it can be difficult, and the communication skills that it involves. <http://cals.arizona.edu/pubs/family/az1341/az1341f.pdf>

Talking to Children about Tough Times. This publication provides actual words to say to children of different ages in helping them to understand economic downturns affecting them (for example, for situations of job layoffs, disasters, and business loss). <http://www.ag.ndsu.edu/pubs/yf/famsci/fs546w.htm>

Family Financial Management – Interventions Following a Disaster: Promoting the Health and Well-Being of Families During Difficult Times. This publication provides a step by step process for addressing the stress of financial hardship. <http://cals.arizona.edu/pubs/family/az1341/az1341j.pdf>

Other family stress management articles can be found at any of the following eXtension Communities of Practice sites (search “family stress”):

Parenting: <http://www.extension.org/parenting>

Family Caregiving: <http://www.extension.org/family%20caregiving>

Personal Finance: <http://www.extension.org/personal%20finance>

Financial resources management articles, such as those found at the link below, are developed by the Personal Finance Community of Practice:

http://www.extension.org/pages/Financial_Security:_Managing_Money_in_Tough_Times