

FOR IMMEDIATE RELEASE

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## Income Drop? Take Stock and Set Priorities

The COVID-19 situation has affected many families in our district financially. From layoffs and closures to limited schedules, farm markets and more. Financial strain is a real issue for our friends and neighbors as they struggle to pay their bills and feed their families.

Our first instinct when dealing with a sudden financial crisis is to panic. A tailspin of questions immediately hit and finding answers feels impossible. There are, however, aspects you CAN control in this situation.

K-State Research and Extension's Family Resource Management team (under the direction of Dr. Elizabeth Kiss, Ph.D., Associate Professor and Extension Specialist, School of Family Studies and Human Services, Kansas State University) has recently published a series of tip sheets designed to assist affected families during this time.

This series of publications addresses topics including:

- Don't Panic – Take Control
- Making Ends Meet
- Coping with Stress
- Community and Family Resources
- Sharpening Survival Skills

“An abrupt loss of income, whatever the reason, can be traumatic,” said Kiss. “Although natural, avoid the temptation to tailspin as much as possible.”

The full series can be downloaded at <https://www.k-state.edu/family-finances/whenyourincomedrops.html>.

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