

Hit by the Storm



The point where you come face-to-face with the realization that your life has changed.

- Common feelings during this time may include shock and disbelief, rage and panic.
- You begin to experience a sense of loss. Loss of purpose, loss of a lifestyle and a loss of identity are just to name a few. These are normal feelings to have and as with any loss, there needs to be time to grieve.
- You may find yourself falling into old and familiar but unproductive habits. It is important to be more self-aware during this time. People experiencing a change or loss in their life become more vulnerable and may turn to unhealthy ways of coping. Instead, ask yourself: “What can I do to help me?” “What can I do to help the situation?”
- It’s during uncertain times in agriculture that painful adjustments have to be made in many facets of family life. Understanding and preparing for these changes can help to minimize the stress.