Cultivating Resiliency Resources
this is an evolving list

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

Books:
Almost Everything: Notes on Hope by Anne Lamott
Braving the Wilderness by Brene’ Brown
Daring Greatly by Brene’ Brown
Designing Your Life by Bill Burnett and Dave Evans
Gifts of Imperfections by Brene’ Brown
Energy Healing: The Essentials of Self-Care by Ann Marie Chiasson
Make Yourself Cozy: A Guide for Practicing Self-Care by Katie Vaz
Self-Care for the Real World by Nadia Narain and Katia Narain Phillips
Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers by David Markowicz
Hold Me Tight by Dr. Sue Johnson (excellent read to strengthen marriages and intimate relationships)
Love Sense by Dr. Sue Johnson
Rising Strongly by Brene’ Brown
Self-Compassion by Kristin Neff
Self-Care A-Z by
The Art of Extreme Self-Care: Transform Your Life One Month at a Time by Cheryl Richardson
The Book of Joy by Dalai Lama, Desmond Tutu and Douglas Carlton Abrams
The Gratitude Diaries by Janice Kaplan
The Little Book of Self-Care by Mei Noakes
The Happiness Advantage by Shawn Achor
The Smart Girl’s Guide to Self-Care by Shahida Arabi
The Upside of Stress by Kelly McGonigal
Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others by Laura van Dernoot Lipsky and Connie Burk

Apps:
Calm
Headspace
Happify

Podcasts:
Happier with Gretchen Rubin

Follow us on Twitter:
@brenmsw (Brenda Mack)
@ShaunaReitmeier (Shauna Reitmeier)
Cultivating Resiliency Resources

this is an evolving list

Websites
www.brenebrown.com
www.self-compassion.org
https://www.extension.iastate.edu/humansciences/content/finding-answers-now
https://www.cfra.org/news/180130/10-helpful-resources-farmers
https://www.agriculture.com/mentalhealth
http://www.mda.state.mn.us/about/mnfarmerstress
https://www.ag.ndsu.edu/farmranchstress
http://umash.umn.edu/farm-safety-check-stress/
https://www.canr.msu.edu/managing_farm_stress/
https://www.canr.msu.edu/managing_farm_stress/online_course_how_to_handle_stress_on_the_farm
https://www.canr.msu.edu/managing_farm_stress/farm-stress-management-summit/
https://www.ksre.k-state.edu/kams/services/mediation/index.html

Recommendations from participants
To add to your de-stress resource list: an app I use is "Headspace" and a great book I would suggest is Andy Puddicombe's "The Headspace Guide to Meditation and Mindfulness: How Mindfulness Can Change Your Life in Ten Minutes a Day"

Minnesota Resources
Minnesota Farm and Rural Helpline - (833) 600-2670 x 1
Mental Health and Family Services Line - 1-800-FARM-AID
Ted Matthews, rural mental health counselor - (320) 266-2390
MN Rapid Ag Response Financial counseling, call Farm Info Line at 1-800-232-9007, free service through UMN Extension

Canada Resources In Canada, there is the Do More Agriculture Foundation at domore.ag which focuses on mental health in ag in Canada.

American Agri-Women www.americanagriwomen.org has affiliates across the U.S. if you are interested in connecting with other women in agriculture

Extension has Women in Ag Network in many states check with your state's Extension service to see what is available here is the link for the Minnesota Women in Ag Network https://extension.umn.edu/business/women-ag-network
Minnesota has a conference coming up on February 13 https://extension.umn.edu/event/4th-annual-women-ag-network-conference - Weathering the Storm and includes a Cultivating Resiliency session

Women's Agricultural Leadership Conference is scheduled for April 10 www.womensagleadership.org great opportunity to network includes a Cultivating Resiliency session