Welcome!!!

- 3 of a 6-part series
- Brought to you by: American Agri-Women, District 11 MN Agri-Women and the University of Minnesota - Women in Ag Network with funding from UMASH
- Format 45-60 Minute Presentation & 30 Minute Question and Answer Segment

Webinar Logistics

- You are in “listen only” mode (muted) during the webinar.
- A recording of this presentation will be made available on the American Agri-Women (AAW) website: www.americanagriwomen.org
- If you are having technical difficulties during the webinar you may ask a question and our moderator will do her best to assist you.

Webinar Logistics

- A survey will launch after the webinar. We appreciate your feedback.
- Please use the “Question” area on your control panel to post a question at any time during the presentation. Questions will be selected and responded to at the end of the presentation.

How to View Saved Webinars

Go to www.americanagriwomen.org/webinars/
About Brenda Mack

- Grew-up in farm family in East Grand Forks, MN
- Married to a third-generation crop farmer (soybeans, wheat & sugar beets) and we live on the family farmstead
- Licensed Mental Health Profession in MN-21 years experience providing therapy and crisis response services in a farm community
- Assistant Professor in Social Work at Bemidji State University
- Doctoral Student at the University of St. Thomas, St. Paul, MN, on track to graduate in May 2020
- Resiliency and Self-Care Researcher/Consultant/Presenter

About Shauna Reitmeier

- Raised on the family farm in Crookston, MN.
- Helped every summer in the fields until I moved.
- Social Worker, Mental Health and Substance Use Disorder Advocate
- Passionate about Rural and Frontier farmers and increasing access to services
Before We Begin Together

• Brenda and Shauna use their experience and background as guides. Each of you are experts in your own lives and your input will help us tailor content that is relevant to you.

• Some topics may bring up thoughts or feelings that you may not have been prepared to address, resources will be provided for you to seek assistance if needed.

• The information presented is not intended to be treatment.

• We look forward to walking this journey together and learning from you.

Quick Recap

Webinar One: Impacts of Stress

Webinar Two: Self Care 3 Legged Stool

Self Care Model

When Stress Becomes Overwhelming

Competing Priorities
Demands
Expectations (external & self)
Financial Issues
Worrying

POLL

How many of you joining us today are feeling overwhelmed and struggling to manage your stress?

Yes
No
Somewhat

How do you get energized

Practice Self-Care
Positive Self-Talk
Connect with Energy Givers vs. Depleaters
Sleep

We want to hear from you!
In the question box, type in a suggestion on how you or others can re-energize.
How do you get & stay energized: SLEEP

- Research shows that a chronic lack of sleep, or getting poor quality sleep, increases the risk of disorders including high blood pressure, cardiovascular disease, diabetes, depression, and obesity. ([www.ninds.nih.gov](http://www.ninds.nih.gov))
- Set a schedule
- Relax an hour before bed (bath, reading, hot tea)
- Create a room for sleep (temperature, bed, sound, small, clutter)
- Exercise daily
- Avoid alcohol, caffeine, nicotine, electronic screens in evening
- Get up and do relaxing activity if you can’t sleep (make your room a place for sleep or rest)
- When all else fails see a doctor (sleep studies, sleep apnea, c-pap)

How do you get grounded

Give/find yourself some alone time

20-25 minutes for guilt anxiety to pass

4-7-8 Breathing (see handout)

Dump your mind

How do you get organized

Define Problems
Assess Risk
Make Decisions (low hanging & difficult)
Action Plan

Decision Making Process

Do I do something about the problem?

- Identify the decision (problem solving)
- Gather Information (facts, values)
- Identify options (weigh your risk)
- Weigh the evidence
- Choose options (may be multiple)
- Take action (use action plan)
- Review your decision

Problem Solving

- Define the Problem
- Root issue underlying the problem
- Value or belief is challenged
- Ask yourself these questions to get at the root of the problem

Risk Assessment

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<thead>
<tr>
<th>Probability</th>
<th>Low Risk</th>
<th>Medium Risk</th>
<th>High Risk</th>
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<tbody>
<tr>
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<td>1</td>
<td>2</td>
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<td>Medium</td>
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<td>High</td>
<td>8</td>
<td>9</td>
<td>9</td>
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</tbody>
</table>
Action Plans

Poll:
Was today's webinar helpful
- Yes
- No
- Somewhat

Question:
What was most helpful
Type your response in the questions box.
(click on the triangle next to question and a box should open up allowing you to type in your response)

Reminders
Complete the questionnaire Megan discussed at the beginning of the webinar.
Complete the survey through the link that will be emailed to you once this webinar closes.
Next Webinar February 8th: Building and Maintaining Relationships.

Questions & Answers
Short Survey, ~10 minutes
100% Anonymous
Go to z.umn.edu/cultivatingsurvey
Linking the Series Together

• Dec 14, 2018
  The Impact of Farming and Ranching Stress for Women 101
• January 11, 2018
  — Self Care Tips for Help Reduce Stress
• January 25, 2019
  — You Can’t Pour from an Empty Cup
• February 8, 2019
  — Building and Maintaining Relationships in Stressful times
• March 8, 2019
  — Increasing your Joy and Happiness While Living a Farm Life
• April 12, 2019
  — Putting it All Together

Resources

• Managing Stress: Mayo Health Care Resource
• Self-Care Toolkit: http://socialwork.buffalo.edu/resources/self-care-starter-kit.html
• Positive Self-Talk (Thinkup): https://thinkup.me/
• We welcome you to follow us on Twitter: @brenmsw (for Brenda) @ShaunaReitmeier (for Shauna)

Contact Information

• Doris Mold, Past-President, American Agri-Women; Minnesota Agri-Women District 11 President; Farm Business Management Instructor
  Email: doris@sunriseag.net
• Megan Roberts
  Extension Educator, Co-Leader Minnesota Women in Ag Network, University of Minnesota Extension
  Phone: 507-389-6722
  Email: meganr@umn.edu