





Short Survey, ~10 minutes  
 100% Anonymous  
 Go to [z.umn.edu/cultivatingurvey](http://z.umn.edu/cultivatingurvey)



### 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

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### 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



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### 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.

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### Quick Recap

Webinar One:  
Impacts of Stress  


Webinar Two:  
Self Care  
3 Legged Stool   
(Social, Emotional, Physical)  
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. Depleters
- Sleep



### How do you get energized

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, smell, 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 sex)
- Track sleep through devices & apps <https://www.tomsquid.com/us/picture-story/679-best-sleep-apps.html#1>
- When all else fails see a doctor (sleep studies, sleep apnea, cpap)



## 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

<b>WHAT</b>	<ul style="list-style-type: none"> <li>What (exactly) do I want to achieve?</li> <li>What are the facts?</li> <li>What would happen if no decision was made or solution found?</li> <li>What do I need in order to find a solution?</li> </ul>
<b>WHY</b>	<ul style="list-style-type: none"> <li>Why do I want to achieve a solution?</li> <li>Why did the problem or opportunity arise?</li> <li>Why do I need to find a solution or step forward at all?</li> <li>Ask 3 Whys</li> </ul>
<b>HOW</b>	<ul style="list-style-type: none"> <li>How will the situation be different?</li> <li>How relevant is the information I am gathering?</li> <li>How can I find out more?</li> <li>How can I involve relevant people?</li> </ul>
<b>WHERE</b>	<ul style="list-style-type: none"> <li>Where did the issue arise?</li> <li>Where does it impact?</li> <li>Is the "where" important?</li> <li>If so, why?</li> </ul>
<b>WHO</b>	<ul style="list-style-type: none"> <li>Who am I trying to please?</li> <li>Who cares about this situation? Who is affected?</li> <li>Who is involved (information, help, action)?</li> <li>Who needs to be informed?</li> </ul>
<b>WHEN</b>	<ul style="list-style-type: none"> <li>When did the issue arise?</li> <li>When do we need to act?</li> <li>By when must it be resolved?</li> </ul>

## Risk Assessment

		Severity of Risk		
		Low Risk	Medium Risk	High Risk
Probability	Low	1	2	3
	Medium	4	5	6
	High	7	8	9

## Action Plans



**Action Plan**

**Decision:** Repair the barn ourselves by November 15

What needs to be done?	How does it happen?	Who is doing it?	When will it be done?
Research what is involved in the repair	<ul style="list-style-type: none"> <li>Look on line, YouTube videos, talk to others</li> <li>Create list of items needed</li> </ul>	<ul style="list-style-type: none"> <li>Shauna &amp; Husband</li> <li>Shauna</li> </ul>	October 13
Purchase supplies	<ul style="list-style-type: none"> <li>Check bank account</li> <li>Order on line and go to Lanes</li> </ul>	<ul style="list-style-type: none"> <li>Shauna</li> <li>Shauna</li> </ul>	October 15 October 20 (may trigger purchases)
Prepare the area for repair	<ul style="list-style-type: none"> <li>Remove rotting lumber</li> <li>Temporarily move cattle</li> </ul>	<ul style="list-style-type: none"> <li>Husband</li> <li>Shauna &amp; Husband</li> </ul>	October 17 October 17
Make repairs	<ul style="list-style-type: none"> <li>Arrange materials</li> <li>Measure lumber - cut lumber</li> <li>Install lumber</li> <li>Paint trim lumber</li> <li>Clean up supplies</li> </ul>	<ul style="list-style-type: none"> <li>Shauna</li> <li>Husband</li> <li>Shauna</li> <li>Shauna &amp; Husband</li> </ul>	October 24 October 30 November 5 November 12
Evaluate	<ul style="list-style-type: none"> <li>Revisit results, assess risk issues, sound structure</li> </ul>	<ul style="list-style-type: none"> <li>Shauna &amp; Husband</li> </ul>	November 13 November 14

## 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.



**CULTIVATING RESILIENCY**  
Ag Community Support Initiative

Weathering Stress in Agriculture  
Questionnaire

Short Survey, ~10 minutes  
100% Anonymous  
Go to [z.umn.edu/cultivatingurvey](http://z.umn.edu/cultivatingurvey)

## Questions & Answers

## 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

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## Resources

- Managing Stress: Mayo Health Care Resource <https://www.mayoclinic.org/healthy-lifestyle/stress-management/basics/stress-basics/hlv-20049495>
- Stress-relief/Self-Care Apps: (Calm, Headspace, Happify) <https://www.calm.com/>, <https://www.headspace.com/headspace-meditation-app>, <https://www.happify.com/>
- 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)

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## Resources



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## Contact Information

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