

The Cultivating Resiliency project brought women in agriculture together through an online questionnaire (303 participants), nine virtual telehelp sessions (1060 participants), and in-person presentations (50 participants). Results showed high occupational stress in the sample, relationships were key to resiliency, and online offerings helping bridge gaps when face-to-face options have accessibility hurdles.

Questionnaire:

Nearly 90% of questionnaire respondents said they experienced stress related to agriculture, indicating the pervasiveness of agriculture as an occupational stressor.

Women in agriculture reported wearing multiple hats and that their numerous roles contributed to their stress. This woman's comment illustrates the challenges faced by many farmwomen: "I feel like I'm stretch[ed] super thin between full time on the farm, part time work in town, volunteering and raising children."

Respondents averaged 25 hours per week of physical **farm work**, 30 hours per week of **off-farm work**, 6 hours of **volunteering**, and 34 hours per week of **child or elder care**, in addition to other responsibilities.

Questionnaire participants were able to take a self-screener for depression, the PHQ-9. While participating in the questionnaire was not diagnostic in any way, the average response was 6.5, indicating possible mild depression. Most concerning, twelve out of 293 had PHQ9 scores indicating possible severe depression.

Respondents reported experiencing increasing worry in themselves or farmers they knew, stating yes they had seen increased: financial worries (91%), worry about commodity prices (87%), anxiety (77%), weather concerns (76%), burnout (73%), worry about increasing regulations (72%) and farm transfer concerns (68%).

Webinar Evaluation:

Selected participant feedback on the Cultivating Resiliency webinars includes:

"Thank you for having the courage to start to have these conversations!!!"

"This is a great start, thank you for hosting this webinar. This is truly needed across the nation for both male and females."

"I appreciate the hosts for their time. I really felt like I am better equipped to manage and adapt my own self-care plan."

"Thanks for providing this information [on suicide]. I hope I never need to use it but this is encouragement to not try to avoid a conversation with someone that maybe at risk."

Webinar participants were satisfied to a "great extent" with the webinars (average rating 4.24 out of 5).

Webinar participants felt a "strong ability" to move forward after the webinars (average rating 4.15 out of 5).

