How to Manage When You and Your Family's Lives Have Been Upended

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How to Manage When You and Your Family's Lives Have Been Upended

This program is a collaboration and is brought to you by:

American Agri-Women,
University of Minnesota Women in Ag Network,
District 11 Agri-Women,
and the Upper Midwest Agricultural Safety and Health Center

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 & Upper Midwest Agricultural Safety and Health Center website (UMASH).
- 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.

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Past Webinars
February 7, 2020 12:00 PM CST – Planting Courage and Authenticity in a Farming Life

View Webinar
Are you tired of the same old same old in your farming life, family and relationships? Do you feel that you have more to give or more to who you are that can help you and your farm thrive? In this session, you will be exposed to the research of Brené Brown on shame and vulnerability. Shauna Reitmeyer will share with you key elements and factors rooted in Brené’s work that you can use to break through personal barriers, help you gain focus and a 2020 vision.

Shauna Reitmeyer, MSW, LGBW will lead this session of Coffee Chat. Shauna has over 20 years of experience in the behavioral healthcare and cognitive disabilities fields. She currently serves as the Chief Executive Officer of the Northwestern Mental Health Center, which serves a comprehensive array of behavioral healthcare services to adults, children and families across six (6) rural and frontier counties of Northwest Minnesota. Shauna grew up on a farm and is well-connected with rural communities.
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- Go to past sessions, click on the one that you want
- A window will open, click on view recording

PAST SESSIONS:
- December 14, 2018: Impact of Farming and Ranching Stress for Women 101
- January 11, 2019: Self-Care Tips to Help Reduce Stress
- January 25, 2019: You Can't Pout from an Empty Cup - How Do You Pull It Up to Support Yourself and Others?
- 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
- May 10, 2019: Suicide and the Agriculture Way of Life: What You Need to Know

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Planting Courage and Authenticity in a Farming Life

Are you tired of the same old same old in your farming life, family, and relationships? Do you feel that you have more to give or more to who you are that can help you and your farm thrive? If so, this session will be for you! Shauna Reitmier and Brenda Mack will take you through the research of Brené Brown on shame and vulnerability. Shauna Reitmier will share with you key elements and tools rooted in Brené’s work that you can use to break through personal barriers, help you gain focus and a 2020 vision.

About our presenters: Shauna Reitmier, MSW. LGSW will lead this session of Coffee Chat. Shauna has over 20 years of experience in the behavioral health and cognitive disabilities fields. She currently serves as the Chief Executive Officer of the Northwestern Mental Health Center, which serves a comprehensive array of behavioral healthcare services to adults, children, and families across six (6) rural and frontier counties of Northwest Minnesota. Shauna grew up on a farm and is well-connected with rural communities.
Before We Begin

• We use our experience and background as guides. Each of you are experts in your own lives.
• Today’s topic in particular 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 is not intended to be treatment.

Poll:
How are you feeling right now?
Anxious, Angry, Afraid, Okay, Many Feelings
The Importance of Self Awareness

- Biophysical
- Social
- Psychological
- Spiritual
Helping Others During This Time

• Support – What can that look like?
• Checking in
• Kids
  • Routine
  • Time
  • Patience
  • Protective factors

Poll:
Which protective factor are you struggling with most during this crisis?
Biophysical, Social, Psychological, Spiritual
Yes, we can feel grateful and disappointed about things being cancelled.

Yes, we can enjoy extra time with loved ones and feel overwhelmed by their presence.

Yes, we can be hopeful and feel like everything is falling apart.

Yes, we can be a source of support for others and prioritize our needs, fill our own cup.

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BE HONEST WITH YOURSELF AND OTHERS.

GIVE YOURSELF GRACE.

ASK FOR HELP.

WE CAN DO IT ALL...

JUST NOT AT THE SAME TIME!
WHAT HAS HELPED ME IN THIS TIME OF UNCERTAINTY?

NO "RIGHT WAY"
No instruction guide or manual; no one has it "all figured out"

SEMI-STRUCTURED SCHEDULE
Kanban board for guiding priorities; make hay when the sun shines

EXERCISE
Walking, spinning, on-demand classes

Megan - Introduction
Stress and Finances

It’s not just the stress of COVID-19, lack of childcare, the busyness of planting, etc. Finances are so tough.

Roberts, 2019

• **Agricultural Youth Work Guidelines** help parents assign tasks based on worker ability. Remember **tractors** are most dangerous for children.
• **Cultivate Safety’s Safe Play** discusses creating safe play areas on farms; includes a child development chart.
• Need some fun education resources? Check out mini-lessons, videos, music and virtual field trips. **Ag in the Classroom** websites are great sources.
• When looking at child care options, remember that people ages 65+, and people with underlying medical conditions such as asthma or diabetes, are at higher risk for severe illness from COVID-19 according to the **CDC**.

Contact: Scott Heiberger, National Children’s Center
Source: https://cultivatesafety.org/work/

Source: agclassroom.org/
Discussion

Add your questions in the chat box.

Mental Health Resources
COVID19 Resources

- Centers for Disease Control and Prevention
- Department of Agriculture
  - www.mda.state.mn.us/covid-19-agriculture
  - Your local state Dept of Ag likely has its own response website.

Monica’s Contact

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Thank you.