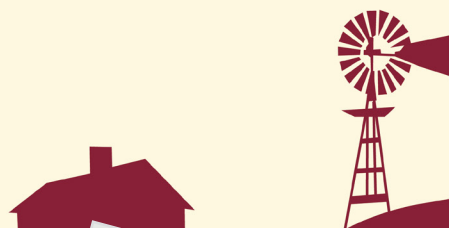


# CULTIVATING Resilience IN RURAL Communities



Most of us get trained in CPR to potentially save a life.

Being prepared to have discussions about stress and mental health challenges is also a lifesaving skill.



A WORKSHEET  
FOR CULTIVATING  
RESILIENCE IN RURAL  
COMMUNITIES

*Thank you for your interest in learning more about mental health and agriculture!*

**We need to help each other.** How many of you have stopped for a car incident or to help someone out of the ditch? Your foot instinctively reaches for the brake as you drive by. When you see cattle out, you make a call and help your neighbor get them back in. You make these emergencies “your business” by offering to help. It’s just the right thing to do.

Tragically, there is a different kind of emergency in our communities right now that we think of as “not my business” - a crisis of stress or mental health. It shows up in the form of depression, anxiety, withdrawing, shame, substance abuse, and more. Whatever you want to call it, it tends to make us uncomfortable and feel vulnerable. We don’t know what to say so we don’t say anything.

By having this discussion, we hope to raise awareness and give you practical tips to help yourself and others.

The Mental Health and Agriculture video can be used to accompany this worksheet.

**We all need to become more aware, take action, and take responsibility for what we see in our communities. We need to take care of each other.**

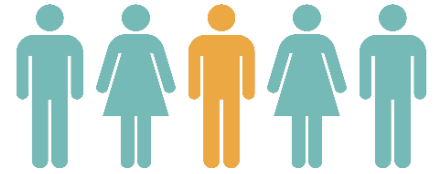


LEARN MORE AT: [umash.umn.edu/cultivating-resilience-in-rural-communities](https://umash.umn.edu/cultivating-resilience-in-rural-communities)

# CULTIVATING RESILIENCE IN RURAL COMMUNITIES

## MENTAL HEALTH

- ◆ Research shows that **one in five** people struggle with mental health at some point in their lives, but about two in three will never seek treatment.
- ◆ Depression is a **leading cause of disability** worldwide and is a major contributor to the overall global burden of disease.
- ◆ Some of the **common diagnoses** in mental health are: depression with or without suicidal thinking, anxiety, bipolar disorder, substance abuse (alcohol, opioids, marijuana, and other drugs), schizophrenia.



## STRESS

- ◆ Chronic stress is associated with both **anxiety and depression**.
- ◆ Stress can negatively affect **physical health**.
- ◆ People working in **agriculture** can express stress for many reasons:
  - » Finances, isolation, regulations and tariffs, weather conditions, farm transition, misunderstanding by the general public.



## NOTES:

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# CULTIVATING RESILIENCE IN RURAL COMMUNITIES

## SYMPTOMS

- ◆ Some symptoms of stress come out physically and some show up in how we behave.
  - » **Physical signs:** poor or disturbed sleep, weight loss or gain, changes in appetite, stomach or gastrointestinal problems, clenching or grinding teeth, chest pain or pressure, poor hygiene.
  - » **Behavioral signs:** worrying, loss of interest in hobbies, trouble making decisions, relationship problems, change in personality, withdrawal from people/activities, increased smoking/drinking.



## WHAT CAN YOU DO?

- ◆ If you see symptoms in **others**, there are things you can do:
  - » **ASK** if they are okay
  - » **LISTEN** without judgment
  - » **SHARE** your concerns
  - » **ENCOURAGE** them to take action
  - » **CHECK IN** with them
- ◆ If you see these symptoms in **yourself**, accept that you may need professional help. Acceptance is the beginning of healing.
  - » **TAKE CARE OF YOURSELF** (eat regularly, consistent sleep, hygiene, exercise).
  - » **TALK TO SOMEONE** close to you about how you are feeling (friend, family member, pastor, doctor, therapist).



**SOMETIMES YOU NEED HELP. SOMETIMES YOU ARE THE HELP.**

### WHAT ARE SOME THINGS YOU CAN DO?

WRITE DOWN SOME IDEAS  
IN THE SPACE PROVIDED.



*Use the resources on the back to  
guide discussions, provide support,  
and share with your community.*

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LEARN MORE AT: [umash.umn.edu/cultivating-resilience-in-rural-communities](http://umash.umn.edu/cultivating-resilience-in-rural-communities)

# CULTIVATING RESILIENCE IN RURAL COMMUNITIES FACILITATOR'S PLANNING CHECKLIST

umash.umn.edu/cultivating-resilience-in-rural-communities

## NUTS AND BOLTS (ONLINE/REMOTE/DISTANCE)

- » Will you facilitate the group yourself or have a co-facilitator?  
*Discuss how you will co-facilitate the event.*
- » What kind of technology will you be using?  
*(zoom, google hangouts, skype, conference call)*
- » Acquire proper tech help if the facilitator is not experienced with the technology or platform features. Will you need additional speakers?
- » How will you publicize the event?  
*Community organizations, church bulletins, newsletters, newspaper article, flyers, online, etc.*
- » What kind of resources do you want for the group? *Brochures from UMASH, NAMI of Minnesota, American Foundation for Suicide Prevention or others. Access resources from the facilitator guide.*
- » Find a quiet space without interruptions or distractions. *Turn your cellphone on vibrate. Mute yourself when not talking, if/when to use chat/Q & A/audio, raising hands, etc. Turn off video if Internet is not stable.*
- » Do you want to provide expectations or ground rules for the layout?

## BEFORE THE EVENT

- ☐ Set up the room and technology.
- ☐ Perform a sound check.
- ☐ Preview any accompanying materials or videos to make sure technology is working.  
*Create a registration page. Include links to a sign-in sheet and any handouts.*
- ☐ Email (or distribute in person) any resources, handouts.
- ☐ If you have a co-facilitator, talk about your strategy. At the least, decide who will do the opening and closing of the event.

⇒ SEE REVERSE

## DURING THE EVENT

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- » Spend time up front answering questions about the tools, technology and housekeeping.
- » If using the video and depending on the audience, consider watching the video a couple times.
- » Be prepared to ask open-ended questions to prompt discussion, but also remember the goal of the event is a conversation, so allow the group's conversation to flow as appropriate.
- » Also, be prepared to re-direct the conversation if an individual tries to dominate the conversation.
- » Be watchful of the time and begin to wrap up the event at the designated time.
- » Remind the group about privacy.

## CLOSING THE EVENT

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- » Summarize a couple of things that you heard in the discussion.
- » Review available resources from UMASH, NAMI of Minnesota, American Foundation for Suicide Prevention, and other local resources.
- » Ask the group if there is an interest in meeting again.  
*Social media groups may provide opportunities for connection.*
- » Request specific feedback about the interest of the group.  
*For example, how often do they want to meet, what would be the purpose of meeting again - socializing or education? In-person or online (e.g., private Facebook group).*
- » Remind the group again about the need for respecting privacy.
- » Provide reassurance that we are not alone. We are a community.
- » Thank the group for coming. *Acknowledge that it can be a difficult subject to talk about and recognize their courage in being open to the conversation.*

## AFTER THE EVENT

---

- ☐ Follow up with any individual participant who appeared to be struggling emotionally and provide resources as appropriate.
- ☐ Review/reflect on what went well.
- ☐ Review/reflect on any problems in handling any participants or situations that came up.
- ☐ Review/reflect on how the event flowed between the facilitators, anything that could be done differently in the future.

# CULTIVATING RESILIENCE IN RURAL COMMUNITIES

## FACILITATOR'S DISCUSSION GUIDE

umash.umn.edu/cultivating-resilience-in-rural-communities

### INTRODUCTORY QUESTIONS

Shortly we will be watching a brief video on **Mental Health and Agriculture**.

To start the discussion, I was wondering...

- » *When you think of a healthy person, what comes to mind? Words and/or images?*
- » *When you think of a person who is sick, what comes to mind?*
- » *Does Mental Health and Mental Illness mean the same thing to you?*

This sentence is meant to create a conversation; some groups may immediately begin to talk about physical symptoms rather than thoughts and feelings. It really reinforces that the mind and body are connected and the holistic nature of health -- mind, body, and spirit.

In order to be diagnosed with a physical or mental illness, an individual has to have a certain set of symptoms. It is important to remember that there are treatments for mental illness just as there are treatments for physical illness

### MENTAL HEALTH

If desired, show the **MENTAL HEALTH AND AGRICULTURE VIDEO**, then ask the following question.

<https://www.youtube.com/watch?v=OvZk53ukaxQ>

- » *What is unique about agriculture and what does that mean for mental health?*



### STRESS

Review the information about stress either on our **website** or in the **video**.

- » *What are some of the current stressors in farming?*



⇒ SEE REVERSE

## SYMPTOMS

---

Review the information about symptoms either on our [website](#) or in the [video](#).

- » *Have you ever seen these symptoms in others? Without sharing any names, can you share what you noticed?*
- » *Has anyone ever seen some of these signs and said something?*
- » *If you wanted to say something but couldn't, what stopped you?*



## WHAT CAN YOU DO?

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Review the information on what you can do either on our [website](#) or in the [video](#).

- » *Imagine yourself in a really stressful situation. Of these suggestions, would you think about doing any of them?*
- » *If yes, what would you do?*
- » *If no, what would keep you from reaching out for help?*



## SOMETIMES YOU NEED HELP. SOMETIMES YOU ARE THE HELP.

- » *How many of you consider yourselves helpers?*  
Most would agree that it is easier to be the helper than the person needing help, and most are happy to help.
- » *What are some of the things that make it so difficult to be the one needing help?*
- » *What do you think needs to change to make it easier to ask for help?*
- » *Does talking about mental health and knowing the warning signs help?*
- » *Do you have any suggestions on other things we can do in our community?*

Developed through a collaboration between UMASH, Ag Safety and Health Alliance, and Oak Ridge Teletherapy. Funding is provided through a cooperative agreement from NIOSH, U54OH010170 (2009-2021).



# STRESS AND MENTAL HEALTH RESOURCES

[umash.umn.edu/stress](http://umash.umn.edu/stress)



**CULTIVATING RESILIENCY**  
*for Women in Agriculture*

UNIVERSITY OF MINNESOTA  
EXTENSION

UMASH

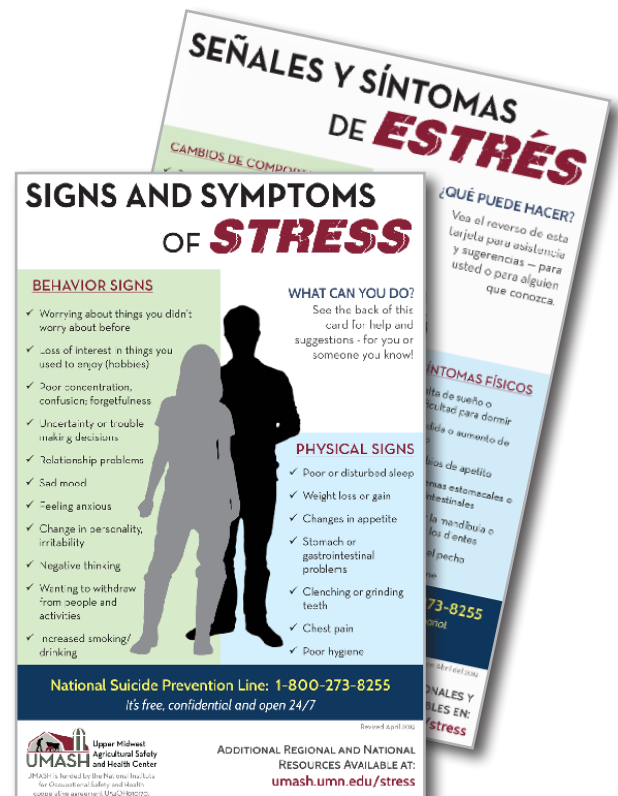
AAW

### CULTIVATING RESILIENCY WEBINARS

These webinars set out to help women in agriculture cultivate resiliency by focusing on what they can control in these challenging times and connect them with resources and information that can help them weather stress.

**FREE** and open to everyone! Past webinars are recorded and available online.

[umash.umn.edu/cultivating-resiliency-webinars](http://umash.umn.edu/cultivating-resiliency-webinars)



**SEÑALES Y SÍNTOMAS DE ESTRÉS**

**SIGNS AND SYMPTOMS OF STRESS**

**BEHAVIOR SIGNS**

- ✓ Worrying about things you didn't worry about before
- ✓ Loss of interest in things you used to enjoy (hobbies)
- ✓ Poor concentration, confusion, forgetfulness
- ✓ Uncertainty or trouble making decisions
- ✓ Relationship problems
- ✓ Sad mood
- ✓ Feeling anxious
- ✓ Change in personality, irritability
- ✓ Negative thinking
- ✓ Wanting to withdraw from people and activities
- ✓ Increased smoking/drinking

**WHAT CAN YOU DO?**  
See the back of this card for help and suggestions - for you or someone you know!

**PHYSICAL SIGNS**

- ✓ Poor or disturbed sleep
- ✓ Weight loss or gain
- ✓ Changes in appetite
- ✓ Stomach or gastrointestinal problems
- ✓ Clenching or grinding teeth
- ✓ Chest pain
- ✓ Poor hygiene

**¿QUÉ PUEDE HACER?**  
Vea el reverso de esta tarjeta para asistencia y sugerencias - para usted o para alguien que conozca.

**SÍNTOMAS FÍSICOS**  
Dificultad para dormir o aumento de la ansiedad  
Cambios de apetito  
Pérdida de peso o aumento de peso  
Dolor de estómago o problemas intestinales  
Dolor de mandíbula o de los dientes  
Dolor en el pecho

**73-8255**

**National Suicide Prevention Line: 1-800-273-8255**  
It's free, confidential and open 24/7

**UMASH** Upper Midwest Agricultural Safety and Health Center  
UMASH is a leader for the National Institute for Occupational Safety and Health.

**ADDITIONAL REGIONAL AND NATIONAL RESOURCES AVAILABLE AT:**  
[umash.umn.edu/stress](http://umash.umn.edu/stress)

**NATIONAL**

# SUICIDE PREVENTION LIFELINE

**1-800-273-TALK (8255)**

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)



**TRUST THE SIGNS**

**ASK RUOK?**

[RUOK.ORG.AU](http://RUOK.ORG.AU)

**Make It OK.org**

ACCESS ADDITIONAL RESOURCES AT: [umash.umn.edu/stress](http://umash.umn.edu/stress)



# CULTIVATING RESILIENCE IN RURAL COMMUNITIES

## FACILITATOR'S PLANNING CHECKLIST

umash.umn.edu/cultivating-resilience-in-rural-communities

### NUTS AND BOLTS (IN PERSON)

- » **Will you facilitate the group yourself or have a co-facilitator?**  
*Discuss how you will co-facilitate the event.*
- » **When and where will you hold the discussion?**  
*Who do you contact to ask permission to use the facility?*
- » **What technology is available at the facility?** *(laptop, projector, smart TV, speakers)*  
*Will you access the video via the internet or use a thumb drive?*
- » **Will you need additional speakers?**
- » **How will you publicize the event?**  
*Community organizations, church bulletins, newsletters, newspaper article, flyers, etc.*
- » **What kind of resources do you want for the group?** *Brochures from UMASH, NAMI of Minnesota, American Foundation for Suicide Prevention or others. Access resources from the facilitator guide.*
- » **Do you want to serve some light refreshments?** *Cookies/coffee or a light supper of soup.*

### BEFORE THE EVENT

- ☐ Set up the room and technology.
- ☐ Make sure there is enough room for participants to meet social distancing guidelines.
- ☐ Perform a sound check.
- ☐ Preview any accompanying materials or videos to make sure technology is working.
- ☐ Put out refreshments, if any.
- ☐ Create a registration handout and check in sheet.
- ☐ Provide a pencil and a piece of paper for each guest.
- ☐ Put out a sign-in sheet and any handouts.
- ☐ If you have a co-facilitator, talk about your strategy. At the least, decide who will do the opening and closing of the event.
- ☐ Printing or downloading materials

⇒ SEE REVERSE

## DURING THE EVENT

---

- » If using the video and depending on the audience, consider watching the video a couple times.
- » Be prepared to ask open-ended questions to prompt discussion, but also remember the goal of the event is a conversation, so allow the group's conversation to flow as appropriate.
- » Also, be prepared to re-direct the conversation if an individual tries to dominate the conversation.
- » Be watchful of the time and begin to wrap up the event at the designated time.
- » Remind the group about respecting the privacy of others by not disclosing personal information that is shared within the group.

## CLOSING THE EVENT

---

- » Summarize a couple of things that you heard in the discussion.
- » Review available resources from UMASH, NAMI of Minnesota, American Foundation for Suicide Prevention, and other local resources.
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## AFTER THE EVENT

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- ☐ Follow up with any individual participant who appeared to be struggling emotionally and provide resources as appropriate.
- ☐ Reflet on what went well.
- ☐ Discuss any problems in handling any participants or situations that came up.
- ☐ Discuss how the event flowed between the facilitators, anything that could be done differently in the future.
- ☐ Record your event details in the evaluation form.

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# CULTIVATING RESILIENCE IN RURAL COMMUNITIES



You are invited to a conversation about cultivating resilience in **rural communities**

We will talk about the **signs and symptoms of stress** and how we can help ourselves and each other.



EVERYONE IS WELCOME

DATE

TIME

LOCATION / LINK

CONTACT: \_\_\_\_\_

PLEASE JOIN US!

**SOMETIMES YOU NEED HELP, SOMETIMES YOU ARE THE HELP.**

PLEASE JOIN US!

**CULTIVATING**  
*Resilience*  
**IN RURAL**  
*Communities*

Join us for a conversation about mental health in our rural communities.

Learn how to identify **signs of stress** and what to do about it. Let others know about this event. It is open to everyone.



DATE

TIME

LOCATION/LINK

CONTACT: \_\_\_\_\_

**SOMETIMES YOU NEED HELP, SOMETIMES YOU ARE THE HELP.**

PLEASE JOIN US!

**CULTIVATING**  
*Resilience*  
**IN RURAL**  
*Communities*

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DATE

TIME

LOCATION/LINK

CONTACT: \_\_\_\_\_

**SOMETIMES YOU NEED HELP, SOMETIMES YOU ARE THE HELP.**



# CULTIVATING *Resilience* IN RURAL *Communities*

## EVALUATION FORM

HOW MANY PEOPLE ATTENDED THE EVENT? \_\_\_\_\_

AGE RANGE: (SELECT ONE)

YOUNG ADULTS: 18-39

MIDDLE AGE: 40-64

OLDER ADULTS: 65+

DESCRIBE THE AUDIENCE: (SELECT ONE)

WORKING ADULTS

RETIREEES

FARM FAMILIES

LINK / LOCATION ZIP CODE: \_\_\_\_\_

TYPE OF GROUP *(for example, faith based, farm organization, community group):*

\_\_\_\_\_

WHAT WENT WELL?

\_\_\_\_\_

\_\_\_\_\_

WHAT CHANGES WOULD YOU RECOMMEND TO IMPROVE THE CHECKLIST OR PROGRAM?

\_\_\_\_\_

\_\_\_\_\_

PLEASE SUBMIT THIS FORM  
TO UMASH ONLINE, VIA  
POSTAL MAIL, OR VIA  
EMAIL: [umash@umn.edu](mailto:umash@umn.edu)

UMASH  
Del Code 8807A  
420 Delaware Street SE  
Minneapolis, MN 55455

⇒ [umash.umn.edu/cultivating-resilience-in-rural-communities](https://umash.umn.edu/cultivating-resilience-in-rural-communities)

