



### Welcome!!!

- 1 of a 6-part series
- Brought to you by the University of Minnesota - Women in Ag Network with funding from UMASH
- Format 45-60 Minute Presentation & 30 Minute Question and Answer Segment

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### Webinar Logistics

- You are in "listen only" mode (muted) during the webinar.
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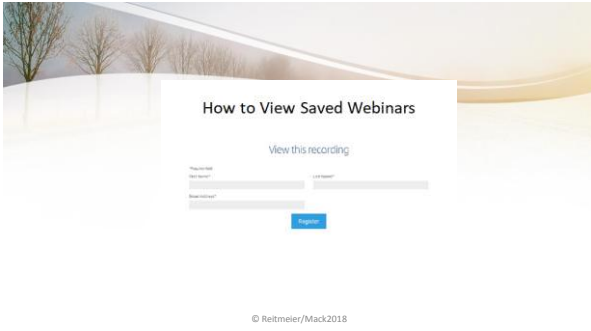
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**Past Webinars**  
Basics of Recordkeeping and Financials for Farmers and Ranchers  
Tuesday, February 28, 2017 - 1:00 PM - 2:00 PM CST

**Open Webinar**  
**Presented by: Shauna Reitmeier**

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### 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
- Stress, Burnout and Self-Care Researcher, Consultant and 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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### Why are we talking about this now?

- 84 farms filed for Chapter 12 bankruptcy in the 12 months. (WI, MN, SD, MT, ND) (<https://www.marketwatch.com/story/farm-bankruptcies-in-the-upper-midwest-have-jumped-in-one-chart-2018-11-27>)
- Commodity prices
- Highest "business" with death by suicide in US
- Wearing Multiple Hats
- Keeping ALL the Balls in the Air
- Weather
- Regulations
- Farm Transition
- Competition for rental costs
- Health Insurance
- Marital Difficulties
- Inter-generational conflict

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### MN Department of Agriculture 2017 Survey Results

In the last year, have you observed an increase in...

Stressor	Yes, have observed an increase	Unsure	No, have not observed an increase
Depression	32%	68%	0%
Anxiety	38%	62%	0%
Financial worries	80%	20%	0%
Business	40%	60%	0%
Marital difficulties	22%	78%	0%
Farm transition	55%	45%	0%
Insurance, debt/indeb.	2%	98%	0%
Health insurance	1%	99%	0%
Other debt/indeb. (other...)	2%	98%	0%

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### Stress

- What is your definition of farming or ranching related stress?
- What are your unique farming or ranching challenges or difficulties that cause you to excessively worry?

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### Stress Defined

- "Stress is a fact of nature in which forces from the inside or outside world affect the individual, either one's emotional or physical well-being, or both. The individual responds to stress in ways that affect the individual, as well as their environment. Due to the overabundance of stress in our modern lives, we usually think of stress as a negative experience, but from a biological point of view, stress can be a neutral, negative, or positive experience" <https://www.medicinenet.com/stress/article.htm>

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### Agri-Women Stress Research

- "Stress among farm women is related to a complex set of factors encompassing the extent of farm and home roles; role conflict between farm and home roles, and the presence or absence of support from significant others" (Berkowitz & Perkins, 1984, p. 163)

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### Is Stress Positive or Negative?

Remember...it can be both

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### Positive Stress

- Stress is positive when it provides opportunities with good outcome, helps with motivation, completing tasks.
  - Surge of energy to be able to fill in driving beet truck during harvest
  - Filling out state and federal loan and grant applications by the due dates
  - Making sure the milking is done before the truck comes to haul

### Negative Stress

- Stress is negative if it is seen as a threat or the outcome poor.
  - Dreading a meeting with your banker after a financially difficult year or with the land owner you are renting from who wants to raise rent for next year
  - Avoid talking or communicating with you husband because you are both so overwhelmed with the workload on the farm/ranch and you grow distant and bitter toward each other

### What does negative stress look like?

- Insomnia
- Mood Changes
- Unable to make decisions
- Distracted
- Physical Appearance Changes
- Withdraw from others
- Feelings of Hopelessness
- Increased alcohol use

### Do you know when stress may not be working for you anymore?

- Good 1<sup>st</sup> step = Self-Awareness
- Next Steps = Implementing Healthy Coping Strategies
- Seek help if it's challenging to take self motivated action.

### Coping with Stress—The Basics

- Healthy Eating
- Drinking Water
- Sleeping
- Strong, supportive relationships
- Positive Self-Talk
- Self-Care strategies and apps (preview for the next webinar)
- Effectively coping with negative stress can help you think more clearly, feel happier & have more energy to support others, like your spouse or children

### Build-Your-Own-Workshop To Deal with Stressful Situations

The diagram illustrates a cyclical process of stress management. It features three central blue ovals: 'Thoughts' at the top, 'Feelings' in the middle, and 'Behaviors' at the bottom. Arrows point downwards from 'Thoughts' to 'Feelings', and from 'Feelings' to 'Behaviors'. To the left of each oval is a box labeled 'Calm Down' with a downward arrow, and to the right is a box labeled 'Dare Yourself' with an upward arrow. Below each oval are several horizontal lines for notes. At the bottom right, there is a small box labeled 'I made good use of'.

## Coping with Stress-Help is Available

- More Individual Strategies (i.e.: Breathing to Calm Down, 3 Good Things, Gratitude Journal)—Focus of the 2<sup>nd</sup> Webinar
- Informal Supports (friends, family, pastor)
- Formal Supports (physician, counselor)
- When is it time to reaching out for help beyond family and friends?

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## 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 and Self-Care Apps: (Calm, Headspace, Happify)  
<https://www.calm.com/>, <https://www.headspace.com/headspace-meditation-app>, <https://www.happify.com/>
- 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

MINNESOTA FARM & RURAL HELPLINE  
833-686-3039  
Open 24/7  
www.farmhelpline.org

NEED TO TALK?  
Are you struggling with feeling alone, self-doubt, or despair and don't know who to turn to for help?  
Call 911.

CRISIS TEXT LINE | 741741

NATIONAL  
**SUICIDE PREVENTION LIFELINE**  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

Text MN to 741741  
Free support at your fingertips 24/7

CRISIS TEXT LINE | **mn**

## Question & Answer

## Contact Information

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

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