

Cultivating Resiliency Resources

this is an evolving list

National Suicide Prevention Lifeline - 1-800-273-8255

Crisis Text Line 741741

Books:

Almost Everything: Notes on Hope by Anne Lamott

Braving the Wilderness by Brené Brown

Daring Greatly by Brené Brown

Designing Your Life by Bill Burnett and Dave Evans

Gifts of Imperfections by Brené Brown

Energy Healing: The Essentials of Self-Care by Ann Marie Chiasson

Make Yourself Cozy: A Guide for Practicing Self-Care by Katie Vaz

Self-Care for the Real World by Nadia Narain and Katia Narain Phillips

Self-Care for the Self-Aware: A Guide for Highly Sensitive People, Empaths, Intuitives, and Healers by David Markowicz

Hold Me Tight by Dr. Sue Johnson (excellent read to strengthen marriages and intimate relationships)

Love Sense by Dr. Sue Johnson

Rising Strongly by Brené Brown

Self-Compassion by Kristin Neff

Self-Care A-Z by

The Art of Extreme Self-Care: Transform Your Life One Month at a Time by Cheryl Richardson

The Book of Joy by Dalai Lama, Desmond Tutu and Douglas Carlton Abrams

The Gratitude Diaries by Janice Kaplan

The Little Book of Self-Care by Mei Noakes

The Happiness Advantage by Shawn Achor

The Smart Girl's Guide to Self-Care by Shahida Arabi

The Upside of Stress by Kelly McGonigal

The Woman's Comfort Book: A Self-Nurturing Guide for Restoring Balance in Your Life by Jennifer Louden

Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others by Laura van Dernoot Lipsky and Connie Burk

Apps:

Calm

Headspace

Happify

Podcasts:

Happier with Gretchen Rubin

Follow us on Twitter:

@brenmsw (Brenda Mack)

@ShaunaReitmeier (Shauna Reitmeier)

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Websites

www.brenebrown.com

www.self-compassion.org

<https://www.extension.iastate.edu/humansciences/content/finding-answers-now>

<https://www.cfra.org/news/180130/10-helpful-resources-farmers>

<https://articles.extension.org/pages/70313/production-agriculture-and-stress>

<https://www.agriculture.com/mentalhealth>

<https://extension.umn.edu/dealing-stress-web-based-educational-series/get-started-dealing-stress-workshop#workshop-1%3A-all-about-stress-357460>

<http://www.mda.state.mn.us/about/mnfarmerstress>

<https://www.ag.ndsu.edu/farmranchstress>

<http://umash.umn.edu/farm-safety-check-stress/>

https://www.canr.msu.edu/managing_farm_stress/

https://www.canr.msu.edu/managing_farm_stress/online_course_how_to_handle_stress_on_the_farm

https://www.canr.msu.edu/managing_farm_stress/farm-stress-management-summit/

<https://www.ksre.k-state.edu/kams/services/mediation/index.html>

Recommendations from participants

To add to your de-stress resource list: an app I use is "Headspace" and a great book I would suggest is Andy Puddicombe's "The Headspace Guide to Meditation and Mindfulness: How Mindfulness Can Change Your Life in Ten Minutes a Day"

Minnesota Resources

Minnesota Farm and Rural Helpline - (833) 600-2670 x 1

Mental Health and Family Services Line - 1-800-FARM-AID

Ted Matthews, rural mental health counselor - (320) 266-2390

MN Rapid Ag Response Financial counseling, call Farm Info Line at 1-800-232-9007, free service through UMN Extension

Canada Resources In Canada, there is the Do More Agriculture Foundation at domore.ag which focuses on mental health in ag in Canada.

American Agri-Women www.americanagriwomen.org has affiliates across the U.S. if you are interested in connecting with other women in agriculture

Extension has **Women in Ag Network** in many states check with your state's Extension service to see what is available here is the link for the Minnesota Women in Ag Network <https://extension.umn.edu/business/women-ag-network>
Minnesota has a conference coming up on February 13 <https://extension.umn.edu/event/4th-annual-women-ag-network-conference> - *Weathering the Storm* and includes a Cultivating Resiliency session

Women's Agricultural Leadership Conference is scheduled for April 10 www.womensagleadership.org great opportunity to network includes a Cultivating Resiliency session