

CULTIVATING RESILIENCY
for Women in Agriculture

Interactive Online Sessions to Help You Weather Stress
Series 1: December 2018 - April 2019



UNIVERSITY OF MINNESOTA
EXTENSION

UMASH

AAAP

Session 2 Draft – Self-Care Tips to Reduce Stress

Presenters:
Brenda M. Mack, MSW, LICSW &
Shauna Reitmeier, MSW, LGSW



Welcome!!!

- 2 of a 6-part series
- Brought to you by American Agri-Women, District 11 Agri-Women, and 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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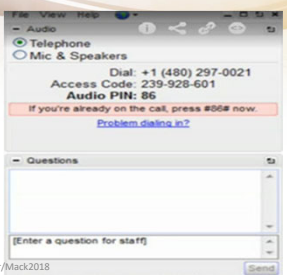
Webinar Logistics

- You are in “listen only” mode (muted) during the webinar.
- A recording of this presentation will be made available on the American Agri-Women (AAW) website:
www.americanagriwomen.org
- If you are having technical difficulties during the webinar you may ask a question and our moderator will do her best to assist you.

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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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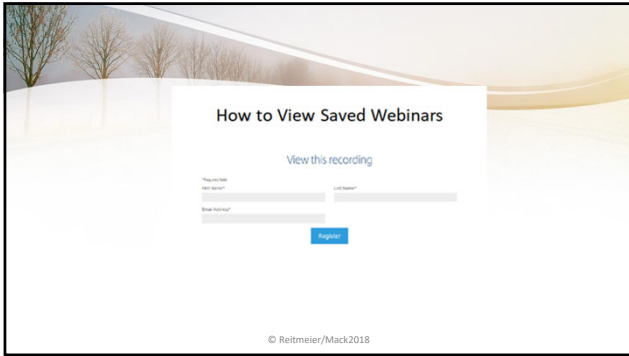
How to View Saved Webinars

Go to www.americanagriwomen.org/webinars/

Past Webinars
Basics of Recordkeeping and Financials for Farmers and Ranchers
 Tuesday, February 28, 2017 - 1:00 PM - 2:00 PM CST
View Webinar

View Webinar
 In this section, you will learn about the basics of farm recordkeeping. Proper farm recordkeeping can save you both time and money. We will learn why it is important to keep records, discuss how to identify assets and liabilities, identify areas to record transactions, learn how to view the four primary financial statements, and talk about electronic recordkeeping systems.

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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

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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 is not intended to be treatment.
- Opportunities for participants to be involved (Polls, Questions/Responses and the wrap up Q & A's)
- We look forward to walking this journey together and learning from you.

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Participants-We want to hear from you!

- Please type in a few words describing your thoughts or feelings about today's webinar focused on self-care.


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Why Brenda focuses on Self-Care & Sparking the Conversation?

- Lessons learned from being life-long member of a farm family that deals with the ups and downs of the industry
- Parents motto: "If you can help somebody out you should"; I'm inspired to help others, which has been the focus of my studies and career
- 21 years as a mental health therapist, in a farming community, witnessing stress and burnout with individuals and families
- Over 17 years experience supervising mental health providers helping them reduce their stress and build resiliency
- Stress, Burnout, Self-Care, Resiliency Researcher, Writer & Presenter
- Webinars & Face/Face Conversations are a means to share information and exchange ideas about self-care, health and wellness

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Why Shauna focuses on Self-Care & Sparking the conversation?

- Helping others is in my blood, outside of farming a family of helpers.
- This is my home and community, the agency I have the honor to lead has a responsibility to make sure the providers take care of themselves so they can be fully present for anyone that walks through the door.
- First hand experience of knowing what it is like when "I am not taking care of myself".
- Normalize that stress is real and there are ways to reduce the impacts by focusing on self care.
- The more we talk about it the less awkward it is and the more support we receive.

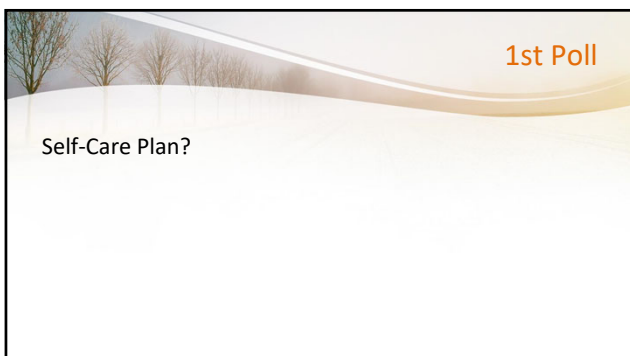
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"I have come to believe that caring for myself is not self indulgent."
Caring for myself is an act of survival."
-Audre Lorde
www.palmsouthcare.com

"An empty lantern provides no light. Self-care is the fuel that allows your light to shine brightly."
-Unknown
www.palmsouthcare.com

Self care is so important. When you take time to replenish your spirit, it allows you to serve others from the overflow. You cannot serve from an empty vessel.
-Eleanor Brown



1st Poll

Self-Care Plan?

3 Legs of the Self-Care Stool

- Healthy Relationships & Connection to Others
- Changing negative self-defeating talk to positive optimistic/realistic self-talk
- Physical: Eating/drinking right, sleep and exercise
- Supports All Other Self-Care Activities



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Participants-We want to hear from you!

- Type in the initials or broad descriptive category of one person who you have a close, healthy relationship with (K.K. or Best Friend)
- Type in a few brief words to describe how this person supports you? (Great Listener)

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Healthy Relationships and Connections

- It's all about relationships, biologically we are "hard wired" to connect with others. As humans we are not meant to function without others
- Better outcomes in reducing stress and increasing happiness when you connect with others rather than isolating yourself
- Connecting with others varies from person to person (introverts vs. extroverts)
- Connecting with others needs to be face/face or in-person or by phone and supported by texting, writing letters, notes or cards
- Social Media should not be substituted and may have an unhealthy effect (comparing yourself to others may lower your self-love and self-compassion)

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Self-Talk Worksheet
To deal with Stress & Sadness

Old Pattern

Thoughts

↓

Feelings

↓

Behaviors

New Pattern

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Physical Health Self-Care Components

- Eating Healthy
- Drinking Water
- Sleeping
- Exercising

Exercise also has great benefits for mental health. It releases endorphins that make you feel happy.

exercise NOT ONLY CHANGES YOUR BODY. IT CHANGES YOUR MIND, YOUR ATTITUDE AND YOUR MOOD.

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Participants-We want to hear from you!

- Type in a few words about one health-related self-care example that you do well?
- Type in a few words about one small, obtainable health-related self-care change you can make over the next 21 days?

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Adding to the 3-Legged Stool: Creating an Individualized Self-Care Plan

- Develop, Use and Modify Your Personalized Self-Care Plan
- Post on/in your Fridge, Tractor, Barn
- Take a Picture on Your Phone!
- Share it with your support person (who you identified earlier in this webinar) and others
- Templates on-line or use the Bmack Model

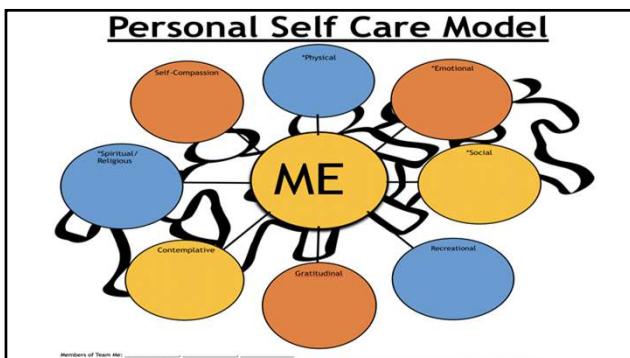
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Self-Care: Keep it Simple

Example

- 5 Minutes of Deep Breathing and Relaxation in the morning
- Talking to a spouse, friend, another women in Ag, work colleague about worries and what's going well
- Drinking 1 liter of water in the morning and 1 in the afternoon
- Throughout the day, say outloud- 3 kind, compassionate, positive self-statements
- Walk (or another form of exercise) for ½ hour 3 X's per week
- Write down "3 good things" about the day before going to sleep





Model Components

- In addition to healthy relationships, eating right, sleeping habits and exercise...consider
- **Emotional Activity** examples; reading uplifting books, following inspirational people or pages on twitter, linkedin or Facebook
- **Social Activity** examples; playing cards with friends, singing in the church choir, playing with your dog in the farmyard
- **Recreational Activity** examples; that energize you may include; putting a puzzle together, Sudoku, crossword puzzles
- **Gratitudinal Activity** examples; writing in your gratitude journal everyday, sending a gratitude card to someone who makes a difference in your life; On a nightly basis, writing down or telling someone about three good things that happened during your day


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Model Components Continued

- **Contemplative Activity** examples; meditating, mindfulness yoga, mindfulness relaxation exercises (listening to the Calm app), guided imagery
- **Religious/Spiritual Activity** examples; going to church, praying, reading the bible, walking in the woods to connect with your higher power
- **Self-Compassion** examples; practice self-kindness, self-empathy, self-forgiveness, exercises available on www.selfcompassion.com; changing your self-talk from negative to positive (using wksheet provided); keeping a self-compassion journal highlighting your strengths and abilities
- **Additional Physical** examples; walking your dog, exercising at the gym, hiking, biking, paddle boarding, running, yoga, volleyball, basketball, racketball

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Participants-Self-Reflect

- What emotional, social, recreational or gratitudinal activities do you do or could you do?

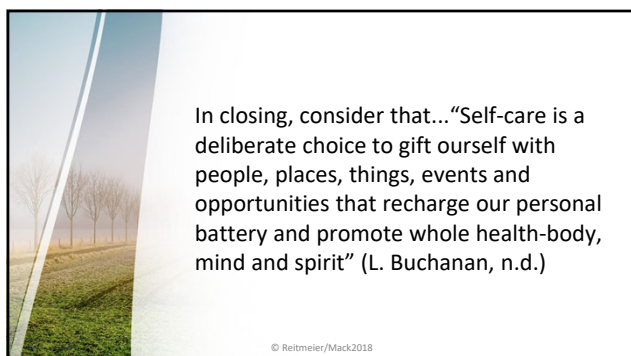
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Participants-Self-Reflect

- What religious/spiritual, contemplative, self-compassion or physical activities do you do or could you do?

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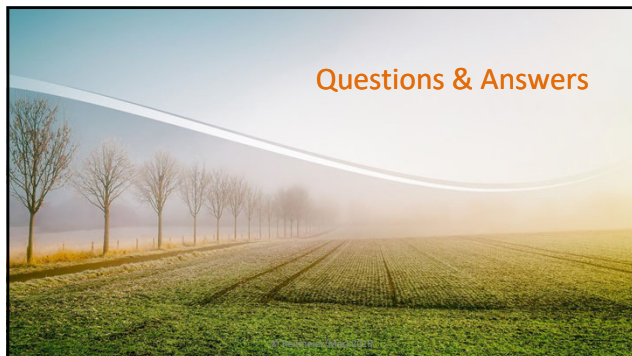
In closing, consider that...“Self-care is a deliberate choice to gift oneself with people, places, things, events and opportunities that recharge our personal battery and promote whole health-body, mind and spirit” (L. Buchanan, n.d.)

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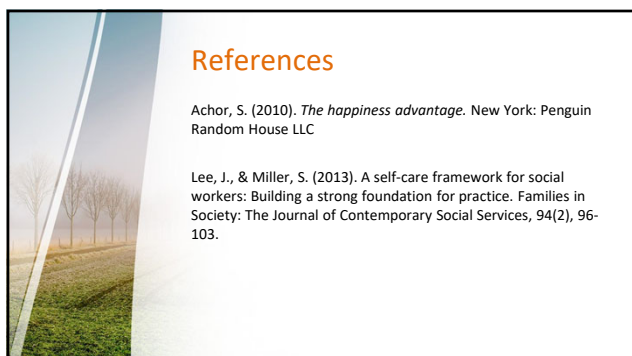


Final Poll

2nd Poll-Self-Care Plan Now?



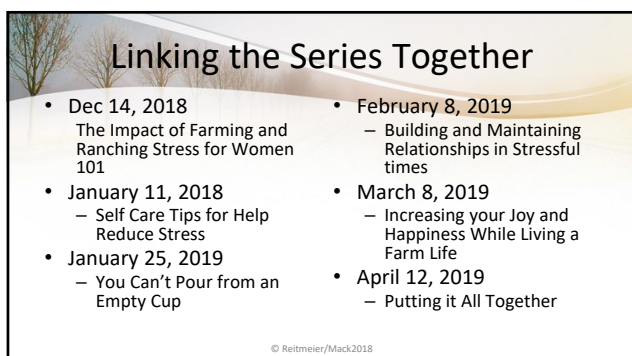
Questions & Answers



References

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Lee, J., & Miller, S. (2013). A self-care framework for social workers: Building a strong foundation for practice. *Families in Society: The Journal of Contemporary Social Services*, 94(2), 96-103.



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

- Self-Care Plans: <http://socialwork.buffalo.edu/resources/self-care-starter-kit.html>
- 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
833-600-2670
Free Confidential 24/7

NEED TO TALK?
Are you struggling with feelings alone, not sleeping, or worried and not like you have no one to turn to?
CALL US.

CRISIS TEXT LINE |
741741

NATIONAL
SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidpreventionlifeline.org



Text MN to 741 741
Free support at your fingertips, 24/7

CRISIS TEXT LINE |





CULTIVATING RESILIENCY
Ag Community Support Initiative

Weathering Stress
in Agriculture
• Questionnaire •

UNIVERSITY OF MINNESOTA EXTENSION UMN UMASH

Short Survey, ~10 minutes
100% Anonymous
Go to z.umn.edu/cultivatingurvey

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