

CULTIVATING RESILIENCY

for Women in Agriculture

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

UNIVERSITY OF MINNESOTA
EXTENSION



Session 4 – Building Relationships

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





Welcome!!!

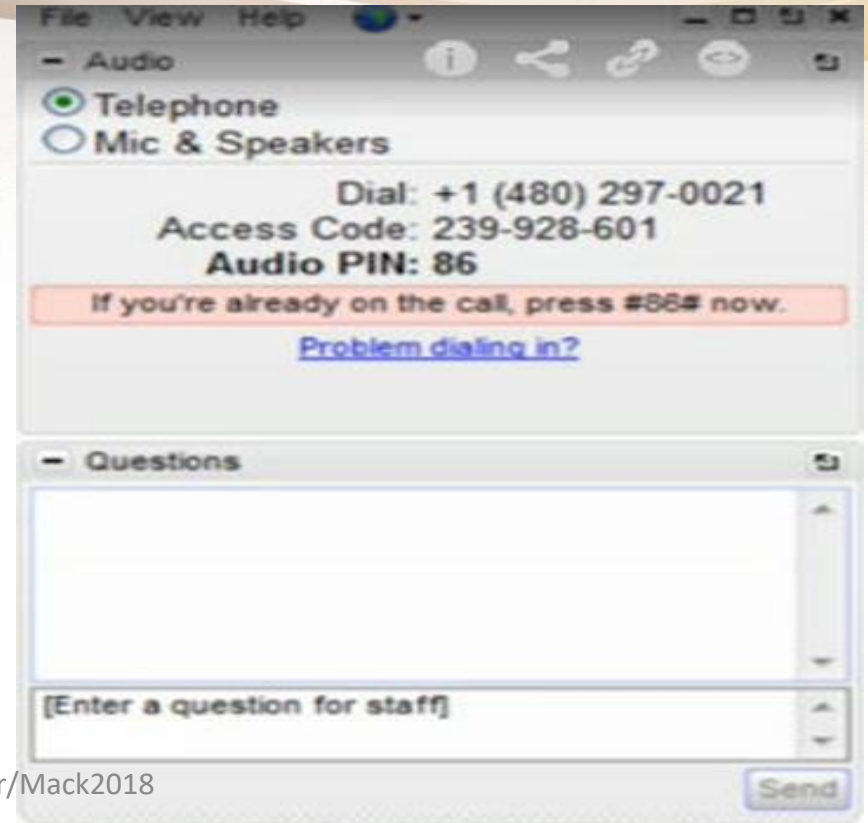
- 4 of a 6-part series
- Brought to you by: American Agri-Women, District 11 MN Agri-Women and the University of Minnesota - Women in Ag Network with funding from UMASH
- Format 45-60 Minute Presentation & 30 Minute Question and Answer Segment

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.

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.



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

[\(View Webinar\)](#) 

Presented by: Megan Roberts

In this session, 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 classify assets and liabilities, identify ways to record transactions, briefly overview the four primary financial statements, and talk about electronic recordkeeping systems.

How to View Saved Webinars

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First Name*

Last Name*

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Register

CULTIVATING RESILIENCY

 *Ag Community Support Initiative*

Weathering Stress
in Agriculture
• Questionnaire •

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Short Survey, ~10 minutes

100% Anonymous

Go to z.umn.edu/cultivatingurvey



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
- Resiliency and Self-Care Researcher/Consultant/Presenter

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





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.

Building and Maintaining Relationships

Relationships provide strength to two of the legs of the Self Care Stool

Social & Emotional

Healthy Relationships

Aligned to your values

Rooted in Strong Communication, Safety and Shared Values



Identifying your Values

1. Use past experiences; + or - ; what value was honored or suppressed.
2. What is most important to you, list them out (beyond basic living needs)
3. Organize your list of values into themes (i.e. accountability, responsibility, timeliness, OR connection, belonging, relationships) and identify the one that most represents you in each group.
4. Come up with 5-10 values and rank by importance
5. Be creative, use your supporting values to describe your core value.
 - a. Example: Connection: to have meaningful relationships with people where I feel I belong.
6. Test your value. How does it make you feel, is it consistent

Handout

Core Values

Acceptance
Accomplishment
Accountability
Accuracy
Achievement
Adaptability
Alertness
Altruism
Ambition
Amusement
Assertiveness
Attentive
Awareness
Balance
Beauty
Boldness
Bravery
Brilliance

Creation
Creativity
Credibility
Curiosity
Decisive
Decisiveness
Dedication
Dependability
Determination
Development
Devotion
Dignity
Discipline
Discovery
Drive
Effectiveness
Efficiency
Empathy

Gratitude
Greatness
Growth
Happiness
Hard work
Harmony
Health
Honesty
Honor
Hope
Humility
Imagination
Improvement
Independence
Individuality
Innovation
Inquisitive
Insightful

“A healthy relationship will never require you to sacrifice your friends, your dreams, or your dignity.”

- DINKAR KALOTRA

HAPPILY IMPERFECT | PSYCH CENTRAL

Good relationships don't just happen.

They take time, patience, and two people who truly want to be together



“When you stop expecting people to be perfect, you can like them for who they are.”

- DONALD MILLER

HAPPILY IMPERFECT | PSYCH CENTRAL

Types of Healthy Relationships

Characteristics

- Open Communication
- Trust
- Mutual Respect
- Compromise
- Equality in Decision Making
- Boundaries

Types

- Family
- Friendships
- Casual
- Romantic
- Yourself



Tell Us...

In the question function of the webinar, tell us what other characteristics are important to you in a relationship?

Types of Unhealthy Relationships

Characteristics

- Criticism
- Lack communication
- Loss of Intimacy
- Passive Aggressive
- Lack of Trust
- Hostile

Types

- Family
- Friendships
- Casual
- Romantic

Resources

National Domestic Violence
HOTLINE

1-800-799-7233

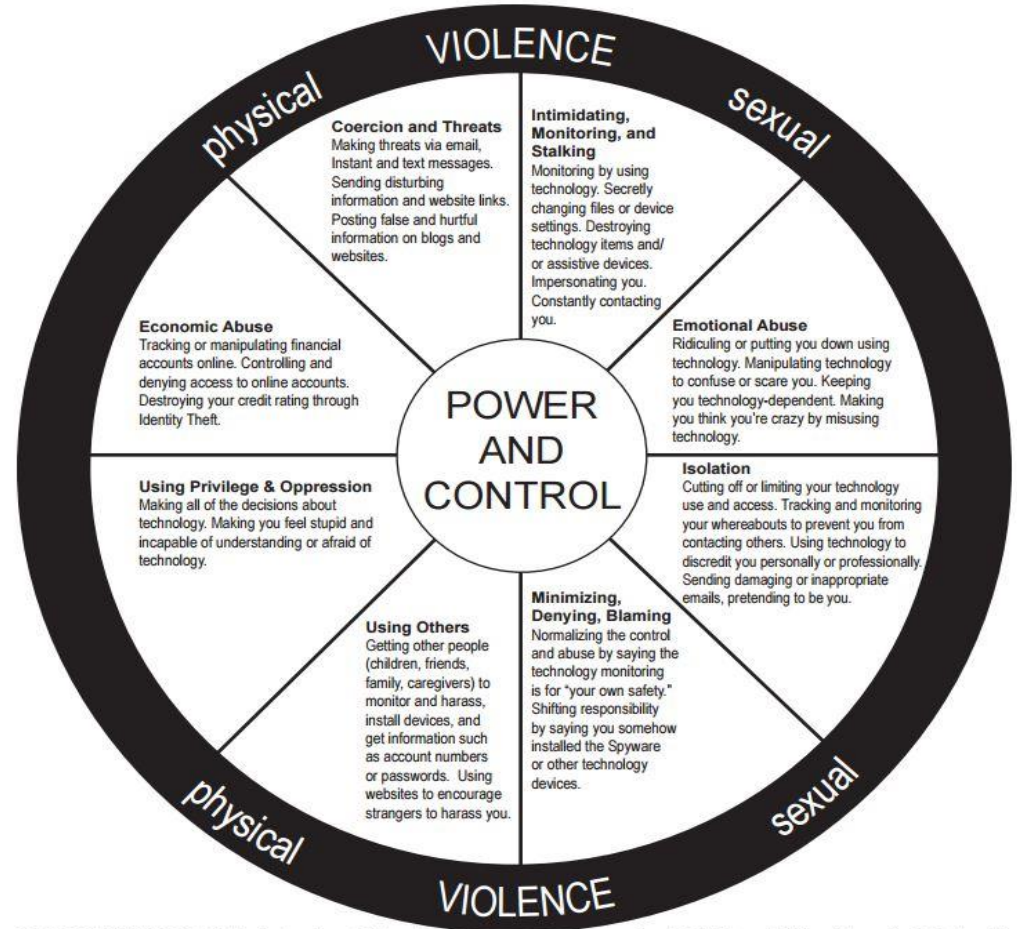
<https://www.thehotline.org>

MN Day One Crisis Line

1-866-223-1111

(call)

612-399-9995 (text)





Healthy Communication

- Active Listening
 - Eye contact, body language, able to summarize what was said.
- Assume Positive Intent
 - Refrain from creating an argument
- Check the stories created in our head
- Be a detective (ask questions) for greater meaning.
- Manage expectations



Active Listening

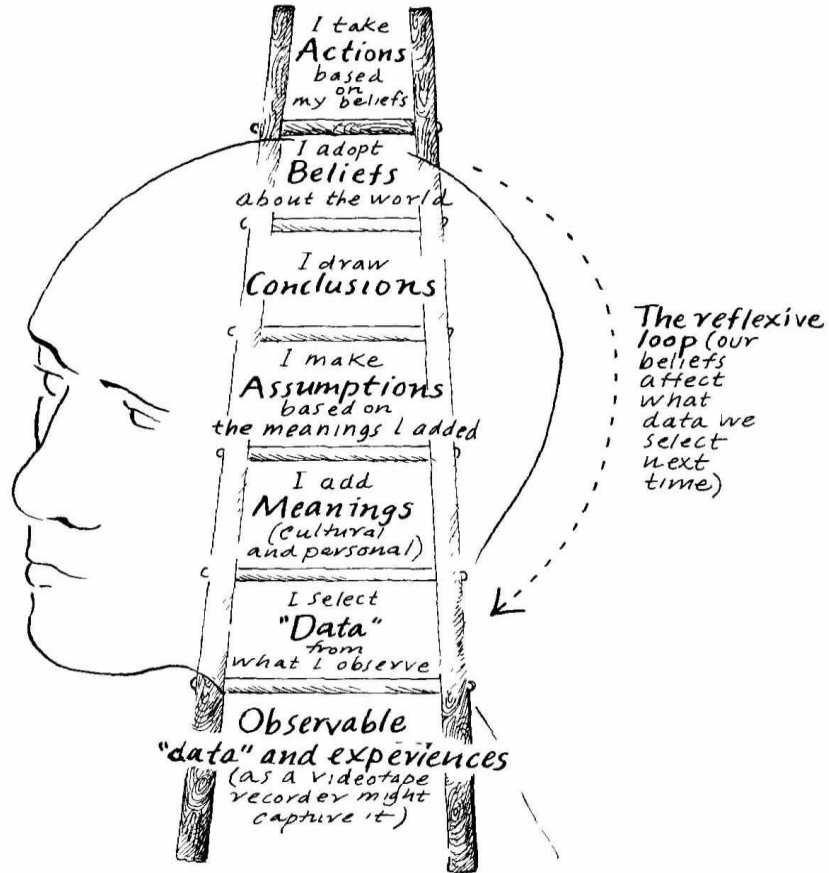
- Pay Attention
 - eye contact, remove distractions
- Show you are listening
 - leaning in, nod head, watch other person
- Provide Feedback
 - summarize, “What I’m hearing is...”
- Defer Judgement
- Respond Appropriately



Tell Us

In the question box, type advice or lessons learned regarding healthy communication? What's worked for you?

Assume Positive Intent: Ladder of Inference





Become Nancy Drew

- Put on your detective skills
- Start asking questions
 - Ask your mother in law, oh, I didn't hear you can repeat that for me?
 - Tell me more about that so I have a better understanding.
 - Do you have concerns about the direction we are heading.
- Self Awareness



Conflict Resolution

- Conflict is normal
- Focus on the Problem
- Use Reflective Listening, before responding, restate what was said
- Use I statements “I feel incompetent in the business when you don’t tell me directly what you are saying”.
- Know when to take a time out
- Work towards a resolution, establish expectations

How to engage

- **Speak their language** (Gary Chapman, The 5 love languages; The secret to love that lasts, 2015)
 - Words of Affirmation
 - Quality Time
 - Receiving Gifts
 - Acts of Service
 - Physical Touch
- **Problem Solve**
 - Be direct in there is a problem and how to “fix” it. Ask them
- **Go through the Back Door**
 - Use other situations, articles, examples to draw out a dialogue
- **Side by Side, working discussions**



Strengthening Connection

- Attachment (Bowlby, Ainsworth, Johnson)
- Strong emotional attachment in intimate relationships = connected partners
- Reframe messages and responses
- Importance of Touch (Hug, Hold Hands, Kiss, Should rubs)
- Myth-men can't emotionally connect and women are too touchy/feely
- Awareness, communication, practice, celebrate connectivity (21 days-new habits)

Reminders



Short Survey, ~10 minutes

100% Anonymous

Go to z.umn.edu/cultivatingsurvey

Complete the survey through the link that will be emailed to you once this webinar closes.

Next Webinar February 8th: Building and Maintaining Relationships.

Questions & Answers



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

Resources

Sue Johnson

--- Hold Me Tight (Excellent intimate partner relationship book)

Brene Brown

- Daring Greatly; How the courage to be vulnerable transforms the way we live, love, parent and lead. 2012
- Rising Strong; How the ability to reset transforms the way we live, love, parent and lead. 2017
- Braving the Wilderness; The quest for true belonging and the courage to stand along. 2017
- Dare to Lead; Brave Work. Tough Conversations. Whole Hearts, 2018

Resources

MINNESOTA FARM & RURAL HELPLINE

833-600-2670

Free. Confidential. 24/7.

NEED TO TALK?

Are you struggling with feeling alone, sad, stressed, or worried and feel like you have no one to turn to?

CALL US.



CRISIS TEXT LINE |

741741



Text **MN** to
741 741

Free support at your fingertips, 24/7

CRISIS TEXT LINE |



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