

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 5 – Increasing Your Joy and Happiness

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



Welcome!!!

- 5 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

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

View this recording

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Register



CULTIVATING RESILIENCY
Ag Community Support Initiative

Weathering Stress
in Agriculture
• Questionnaire •

UNIVERSITY OF MINNESOTA
EXTENSION

UMASH





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 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.




Tie previous webinars together

- Negative stress, exhaustion, being distracted, being critical of self and others (the focus on webinar 1); can be eroded when you are strategic about increasing your happiness and joy
- Having a self-care plan (3 legged stool or self-care bubble figure) can increase your happiness and joy
- Take one activity or all of them to help build resilience and self care
- Today's topic is intended to bring happiness and be light.



Participants-We want to hear from you!

- Please type who is the person or people in your life who bring you happiness? What do they do that makes you happy? (For example, my mom & daughter--we golf and laugh together)



Happiness

IS NOT DEFINED BY
OBTAINING EVERYTHING YOU WANT,
BUT BY APPRECIATING

EVERYTHING

YOU HAVE.

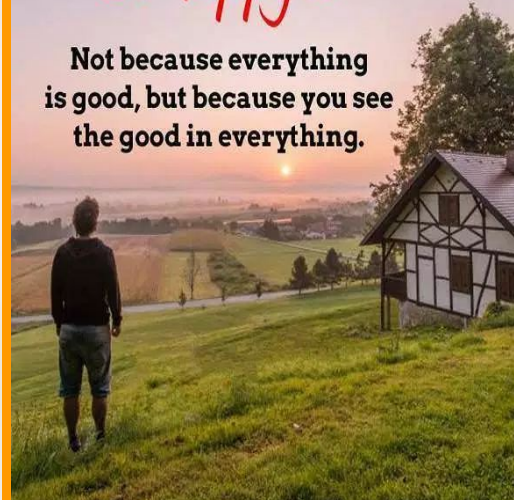
PinkTractor.com

Happiness is not
out there,
it's in you.

PictureQuotes.com

Be happy...

Not because everything
is good, but because you see
the good in everything.



The Road to Happiness...

7 Steps to Happiness:

Think Less, Feel More

Frown Less, Smile More

Talk Less, Listen more

Judge Less, Accept More

Watch Less, Do More

Complain Less, Appreciate More

Fear Less, Love More



What Makes You Happy Video

- Short video (about 7 minutes) about increasing your happiness
- Doris-“roll video”



POLL QUESTION

We want to know how many participants, after watching the video, plan to finish and share their letter with someone.

Yes

No

Maybe

BOOST YOUR HAPPINESS

With **5** Science-Based Practices

3 Good Things

Notice & Savor the best things in life by listing 3 things that went well today and explaining why they happened.



Mindful Breathing

Try to Focus only on the flow of your breath. Return your attention to it when your mind begins to wander. A simple way to gain peace of mind.



Gratitude Letter

Write a Letter Thanking an important person in your life. Deliver it in person. Read it out loud. Bring tissues.



THE Science OF Happiness



Random Acts of Kindness

Do 5 Nice Things for someone else all on the same day. Write down how it makes you feel.

Active Listening

Strengthen Your Relationships by becoming a better listener: ask questions, express empathy and refrain from judging or giving advice.



Sign up TODAY for our FREE Science of Happiness online class!



greatergood.berkeley.edu/happinescourse

**WALK YOURSELF OUT
OF YOUR BAD MOOD.
STUDIES SHOW THAT
EVEN A 10-MINUTE WALK
IMMEDIATELY BOOSTS
BRAIN CHEMISTRY TO
INCREASE HAPPINESS.**

Ten Keys to Happier Living



GIVING

Do things for others



DIRECTION

Have goals to look forward to



RELATING

Connect with people



RESILIENCE

Find ways to bounce back



EXERCISING

Take care of your body



EMOTIONS

Look for what's good



AWARENESS

Live life mindfully



ACCEPTANCE

Be comfortable with who you are



TRYING OUT

Keep learning new things



MEANING

Be part of something bigger

ACTION FOR HAPPINESS

Source: Action for Happiness (2011), building on nef (2008)

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Gratitude increases happiness by 25%



Happiness spontaneously rises from gratitude and becomes a continuous feedback loop

#gratitudeattitude



We Want to Hear From You

What are the healthy ways you bounce back? What advice do you have for others on this webinar?

JOYFUL AND FUN
3

3 ways to increase your happiness:

1. Keep a gratitude journal.
2. Focus on savoring: { music, food, art, nature, each other... } this one life...
3. Use your **STRENGTHS** to serve the greater good.

XXOO, Gioia

More tips...

5 Tips to Happiness

1. Set your alarm to wake up to a song you like
-music for your soul
2. Start your day identifying 3 gratitudes(things you are thankful for)
-Focus your energy where you want it to grow.
3. Be clear with your intentions for your day.
-Have a schedule
4. You are what you eat
-Pre-pack or plan your food
5. Park your car as far as possible from your destination
-Every ounce of vitamin D and extra step increased well being.



We Want to Hear From You...

In the questions box, share with us which activity from today's webinar resonates with you and you intend to practice.



Thank you for Participating Today:

- We welcome you to follow us on Twitter: @brenmsw (for Brenda) @ShaunaReitmeier (for Shauna)

Questions & Answers



References/Resources

- Achor, S. (2010). *The happiness advantage*. New York: Penguin Random House LLC
- Bounce Back: Promoting Health through Happiness
(targeted to healthcare employees yet applicable to anyone)
<http://www.bouncebackproject.org/>
- Website: <https://greatergood.berkeley.edu/>
- App: <https://www.happify.com/>
- Lama, D. , Tutu, D. & Abrams, D. C. (2016). *The Book of Joy*. New York: Penguin Random House LLC

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

- 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)

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

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

Text **MN** to
741 741

Free support at your fingertips, 24/7

CRISIS TEXT LINE |

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