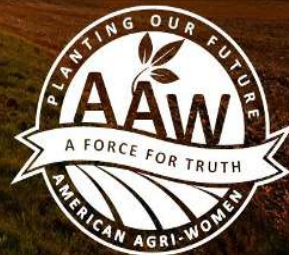


# CULTIVATING RESILIENCY *for Women in Agriculture*

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

UNIVERSITY OF MINNESOTA  
EXTENSION



# Session 6 – Putting It All Together

Presenters:

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







# Welcome!!!

- 6 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

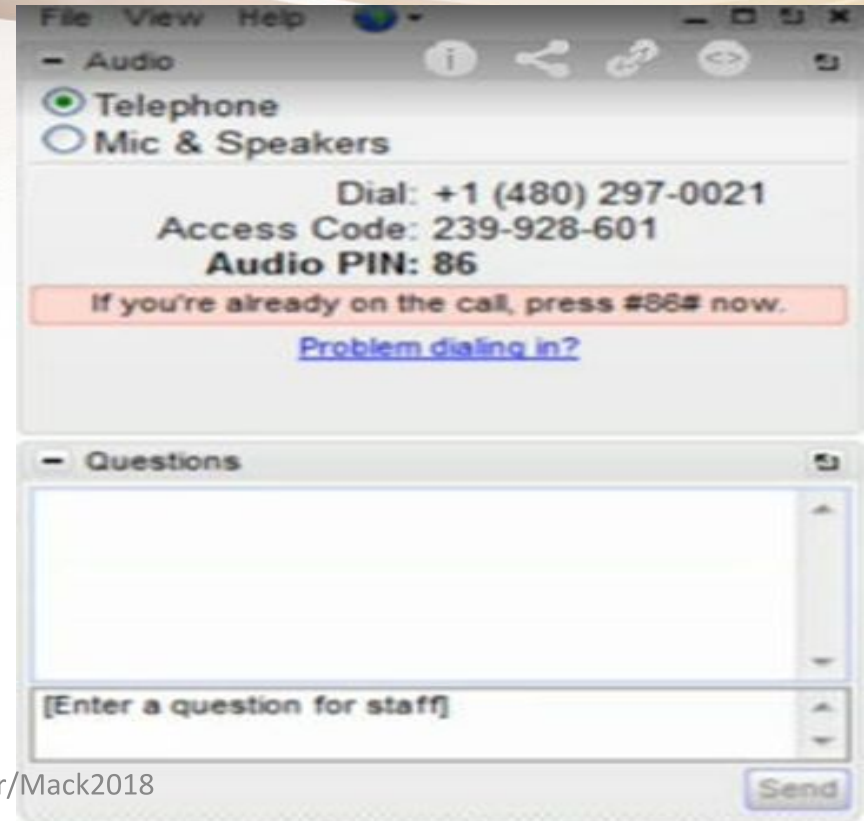


# Webinar Logistics

- 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](http://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/](http://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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# 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](https://z.umn.edu/cultivatingurvey)





# May is Mental Health Awareness Month

**Suicide and the  
Agriculture Way of Life:  
What you need to know**

May 10, 2019 12:00 PM CDT

Please register at:

<https://attendee.gotowebinar.com/register/5030041794729247235>



# About Brenda Mack

- Grew-up in farm family in East Grand Forks, MN
- Married to a third-generation crop farmer (soy beans, sugar beets, small grains) & 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
- 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.



## Let's put it all together...

- **Stress:**
  - Positive & Negative, Impacts and Opportunities
- **Self Care Stool:**
  - Social, Emotional, Physical, Self Care Plan
- **Fill up your Cup:**
  - Grounding, Problem Solving, Action Planning
- **Building Relationships:**
  - Values, Active Listening, How to Engage
- **Happiness & Joy:**
  - Gratitude, 7 steps to happiness





# Participants-We want to hear from you!

- Please type in the question box, what you want to get out of our time together today.



# Where do you go from here?

- Personal decisions based on your own situation.
- Each tool and resource and information provided is intended to be used alone or together with others.
- YOU get to decide what works for you and what does not.

A landscape photograph featuring a row of bare, leafless trees on the left side, standing in a field. The ground is covered in green grass or low-lying vegetation. The sky is bright and hazy, with a soft glow on the right side. A white curved line runs across the upper part of the image, partially obscuring the sky. The text "Is Stress Positive or Negative" is overlaid in the center in a bold, black, sans-serif font.

# **Is Stress Positive or Negative**



# 3 Legs of the Self-Care Stool

- Social

- Healthy Relationships & Connection to Others

- Emotional

- Changing negative self-defeating talk to positive optimistic/realistic self-talk

- Physical

- Eating/drinking right, sleep and exercise



# Social

- 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 (face time/skype) 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)

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

DINNEAR KALOTRA

HAPPILY

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

DONALD MILLER

HAPPILY IMPERFECT | PSYCH CENTRAL

# Emotional

[illegible]

- Change negative to powerful self-talk
- Throughout the day, say out loud- 3 kind, compassionate, positive self-statements
- “3 good things”
- Gratitude
- Who or what are you grateful for?



# Physical

## Breath

- 4-7-8 Breathing

## Healthy Eating

- 1 Liter water in am & pm
- Fuel for your body

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

## Exercise

- 30 minutes 3x/wk (chores count)

## Sleep

- Routine, room cool, limit caffeine,
- 30min-1hr no screen time before bed
- Make bedroom sanctuary, place to sleep

Goal...



# Decision Making Process

Do I do something about the problem?

- Identify the decision (problem solving)
- Gather Information (facts, values)
- Identify options (weigh your risk)
- Weigh the evidence
- Choose options (may be multiple)
- Take action (use action plan)
- Review your decision



# Action Plans



## Action Plan

**Decision:** Repair the barn ourselves by November 15

What needs to be done:	How does it happen:	Who is doing it?	When will it be done?
Research what is involved in the repair	<ul style="list-style-type: none"> <li>Look on line, YouTube videos, talk to others</li> <li>Create list of items needed</li> </ul>	<ul style="list-style-type: none"> <li>Shauna &amp; Husband</li> <li>Shauna</li> </ul>	October 15
Purchase supplies	<ul style="list-style-type: none"> <li>Check bank account</li> <li>Order on line and go to Lowes</li> </ul>	<ul style="list-style-type: none"> <li>Shauna</li> <li>Shauna</li> </ul>	October 15 October 22 (may stagger purchases)
Prepare the area for repair	<ul style="list-style-type: none"> <li>Remove rotting lumber</li> <li>Temporarily move cattle</li> </ul>	<ul style="list-style-type: none"> <li>Husband</li> <li>Shauna &amp; Husband</li> </ul>	October 17 October 17
Make repairs	<ul style="list-style-type: none"> <li>Arrange materials</li> <li>Measure lumber, cut lumber,</li> <li>Install lumber</li> <li>Paint/stain lumber</li> <li>Clean up supplies</li> </ul>	<ul style="list-style-type: none"> <li>Shauna</li> <li>Husband</li> <li>Shauna</li> <li>Shauna &amp; Husband</li> </ul>	October 24 October 30 November 5 November 12 November 13
Evaluate	<ul style="list-style-type: none"> <li>Review results, meets risk issues, sound structure.</li> </ul>	<ul style="list-style-type: none"> <li>Shauna &amp; Husband</li> </ul>	November 14

# 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



# 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 (become a detective)
- Respond Appropriately





# 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**



*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



# 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.



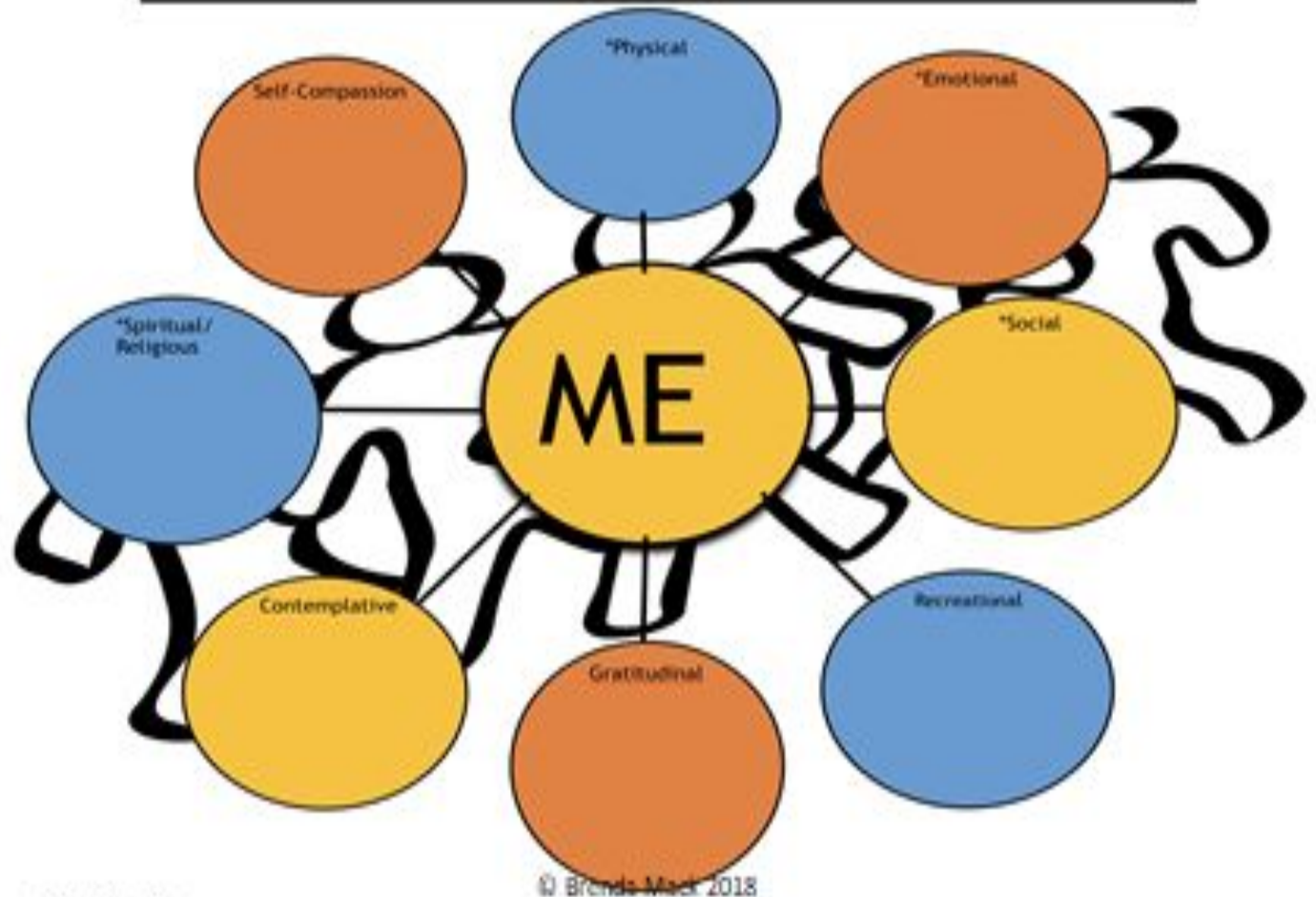
## Active Listening

**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**

# Personal Self Care Model





## It All Starts With...

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



# References/Resources

- Achor, S. (2010). *The happiness advantage*. New York: Penguin Random House LLC
- Gratitude Website: <https://greatergood.berkeley.edu/>
- Lama, D. , Tutu, D. & Abrams, D. C. (2016). *The Book of Joy*. New York: Penguin Random House LLC
- Self-Care Plans:  
<http://socialwork.buffalo.edu/resources/self-care-starter-kit.html>
- Stress-relief and Self-Care Apps: (Calm, Headspace, Happify)
  - Calm: <https://www.calm.com/> ,
  - Happify: <https://www.happify.com/>
  - Headspace:  
<https://www.headspace.com/headspace-meditation-app>



# References/Resources

- Positive Self-Talk (Thinkup): <https://thinkup.me/>
- Gary Chapman; the 5 love languages; the secret to love that lasts, 2015
- Bounce Back Project <http://www.bouncebackproject.org/>
- National Sleep Foundation: <https://www.sleepfoundation.org/>
- 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.**



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**741741**



Text **MN** to  
**741 741**

Free support at your fingertips, 24/7

**CRISIS TEXT LINE |**

**mn**



# Thank you for Participating Today:

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



# Thank You

## Gratitude

It's not happiness that  
brings us gratitude.  
It's gratitude that brings  
us happiness.

[www.facebook.com/montereybayholistic](https://www.facebook.com/montereybayholistic)

## Gratitude

At times our own *light* goes out  
and is rekindled by a *spark* from  
another *person*. Each of us has  
cause to think with *deep gratitude*  
of those who have lighted  
the flame *within us*.

—Albert Schweitzer

[theMomiverse.com](http://theMomiverse.com)



# Questions & Answers



# Contact Information

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