

CULTIVATING RESILIENCY

for Women in Agriculture

UNIVERSITY OF MINNESOTA
EXTENSION



Session 8 – Anxiety, Depression and Coping Skills

Presenter:

Brenda M. Mack, MSW, LICSW
Member of the Ag Community

Mental Health and Wellness Consultant

Assistant Professor in Social Work Bemidji State University

Welcome!!!

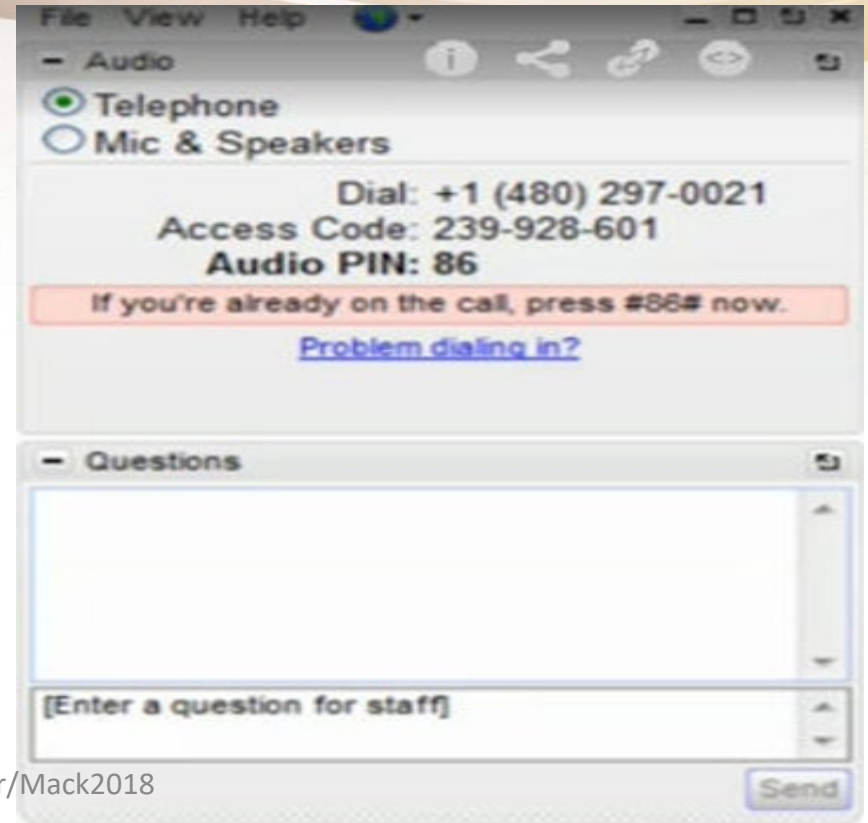
- 8 of a 6-part series
- Brought to you by: American Agri-Women, District 11 MN Agri-Women and the University of Minnesota - Women in Ag Network with funding from UMASH
- Format 45-60 Minute Presentation & 30 Minute Question and Answer Segment

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.



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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.

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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
- Mental Health and Wellness Researcher/Consultant/Presenter





Before We Begin Together

- Brenda uses her experience and background as guides. Each of you are experts in your own lives and your input will help me 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)
- I look forward to walking this journey together and learning from you.



Anxiety

- Most common mental health issue in the US:
 - 40 Million Adults
 - 18.1 % of the population
- **Symptoms:** (Appears everyday for a period of 6 months)
 - Excessive Worrying
 - Restlessness
 - Easily Fatigued
 - Irritable
 - Muscle Tension
 - Panic Attacks



Depression

- 2nd most common mental health issue in the US:
 - 17.3 Million Adults
 - 7.1 % of the Adult Population
- **Symptoms:** (Lasting most of the day for 2 weeks)
 - Low Mood
 - Sadness
 - Feeling worthless and/or hopeless
 - Tearful
 - Irritability
 - Sleep Disruption
 - Loss of or excessive appetite
 - Loss of interest in daily activities



Ag-related behavioral health research:

- $\frac{2}{3}$ of Ag population have no mental health issue and occasionally struggle with stress
- $\frac{1}{3}$ experience more concerning conditions like: Anxiety, Depression and Substance Misuse Dx

(Rosemann, n.d.)



Ag-related behavioral health research:

- Studies show this can result in:
- Interpersonal/Relationship Difficulties
- Divorce
- Parent/Child Problems
- Co-occurring Conditions (Depression and Substance Abuse)

(Rosemann, N.D.)



1st Poll:

- How confident are you of having skills to effectively cope with symptoms of stress, depression or anxiety?
 1. Very Confident
 2. Somewhat Confident
 3. Not Confident



Mental Health/Wellness & an Ag-Life

- Symptoms of Depression/Anxiety = **same** across populations
- Triggers and sources of stress/anxiety/ depression in Farming/Ranching = often **different** than non-Ag population
- What makes understanding this important?
- **Type your answers in the comment box**



Risk and Protective Factors

- Risk = Something that creates or reinforces problems
- Protective = Something that helps with or reduces problems
- Internal or External



The greatest weapon
against stress is our ability
to choose one thought over
another.

– William James

TooMuchonHerPlate.com



Skills and Strategies to Reducing Stress, Anxiety and Depression

- Understanding Logical vs. Reactionary Responses to Stressors/Triggers
- Self-Awareness
- Focus on what you have Control Over
- Smallest Obtainable Change



Skills and Strategies to Reducing Stress, Anxiety and Depression

- Communicate with and lean on supportive people
- Be aware of negative, self-defeating, toxic self-talk and actions
- Focus on and practice empowering, optimistic or positive thoughts, talk and actions
- Help others to do the same



If symptoms of depression, anxiety and substance use conditions continue...

- Reach out for help: healthcare provider, counselor/therapist or other social supports (pastor, support groups)
- With an individualized care plan-- therapy/counseling, medication and supports, the **prognosis is good!**
- Farmers and Ranchers do/can return to a precondition level of functioning



Case Scenario

- Lucy is a thirty-five year old, white, female, 3rd generation dairy farmer living in southern Minnesota. She and her husband Clint took over the family dairy operation two years ago, when her parents transitioned out of the business due to Lucy's dad's significant physical health issues. At that time, Lucy quit her job as a loan officer at a local bank to work full-time on the farm. She loved her job, brought in a good salary and had excellent benefits (health insurance, vacation time). Lucy enjoyed visiting and laughing with her co-workers and her customers. She misses working at the bank. About eight months ago, Lucy thought she was having a heart attack and Clint brought her to the emergency room at the local hospital. After many tests, Lucy was diagnosed as having a panic attack. Lucy shared with the doctor and a mental health professional that she "worries all the time" about her dad's health, the dairy operation and finances. Lucy used to be a good sleeper, usually getting 8 hours of rest per night. Over the last year, she has had difficulty "turning off her thoughts" at night and does not fall asleep easily. Lucy has not talked to Clint about her stress even though they have a strong marriage and they work well together. She is trying to manage these issues on her own without being a burden to anyone.



Scenario Questions: Type in the Comment Box

- What are Lucy's symptoms of stress or anxiety?



Scenario Questions: Type in the Comment Box

- What are Lucy's strengths or protective factors?



Scenario Questions: Type in the Comment Box

- What are Lucy's challenges or risk factors?



Scenario Questions: Type in the Comment box

- What recommendations might be helpful for Lucy to deal with her stress or anxiety?



Barriers to Reaching out for Help

- Stigma/Embarrassment
- Lack of Resources
- Inadequate insurance coverage
- Others?



Breaking-Down Barriers

- Re-frame reaching out (same as physical health and sign of strength)
- Destigmatize on a local, state and national level (advocate for our Ag Community)
- Lack of Resources (negotiate fees, advocate for our Ag Community)
- Inadequate insurance coverage (free support groups, negotiate fees, advocate for our Ag community)

Revisiting the 3 Legs of the Stress/Anxiety/Depression-Reduction Stool

- Relational

- Healthy Relationships & Connection to Others

- Cognitive

- Changing negative self-defeating talk to empowering self-talk

- Physical

- Eating/drinking right, sleep and exercise

(Go Back and Listen to the #2 Self-Care Webinar)



Relational

- 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, anxiety and depression 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) © Reitmeier/Mack2018

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

DINNAR KALOTRA

HAPPILY

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

DONALD MILLER

HAPPILY IMPERFECT | PSYCH CENTRAL

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



Reminder: What happens if my/others symptoms continue or get worse?

- Unable to “bounce back” or Suicidal Thoughts then:
- See your doctor (a medication evaluation may be necessary)
- Talk to your pastor, a counselor or mental health therapist
- Call a help or crisis line

******(Refer to the Webinar #7 on Suicide: What You Need To Know)

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 |





2nd Poll:

- How confident are you, after participating in this webinar, of having skills to effectively cope with symptoms of stress, depression or anxiety?
 1. Very Confident
 2. Somewhat Confident
 3. Not Confident

References/Resources

- Managing Stress: Mayo Health Care Resource
<https://www.mayoclinic.org/healthy-lifestyle/stress-management/basics/stress-basics/hlv-20049495>
- National Institute of Health:
https://www.niaaa.nih.gov/sites/default/files/publications/Rethinking_Drinking.pdf
- National Mental Illness Association: <https://www.nami.org/>
- Stress-relief and Self-Care Apps: (Calm, Headspace, Happify)
<https://www.calm.com/> , <https://www.headspace.com/headspace-meditation-app> , <https://www.happify.com/>
- Substance Abuse and Mental Health Services Administration:
<https://www.samhsa.gov/>
- Positive Self-Talk (Thinkup): <https://thinkup.me/>
- Rosemann, M. (n.d.) Behavioral Healthcare of the Agricultural Population: A Brief History



Thank you for Participating Today:

- Honor and Privilege to Engage in these Cultivating Resiliency Webinars
- Passionate about continuing the conversation and actions to make a difference in our Ag community!
- You can follow me on Twitter: [@brenmsw](#)

Questions & Answers

Contact Information

- **Doris Mold**, *Past-President, American Agri-Women;*
Minnesota Agri-Women District 11 President;
Farm Business Management Instructor
Email: doris@sunriseag.net
- **Megan Roberts**
Extension Educator, Co-Leader Minnesota Women in Ag
Network, [University of Minnesota Extension](http://www.extension.umn.edu)
Phone: 507-389-6722
Email: meganr@umn.edu