

CULTIVATING RESILIENCY

for Women in Agriculture

UNIVERSITY OF MINNESOTA
EXTENSION



Session 9 – Who am I if I am not a Farmer Anymore?

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

Welcome!!!

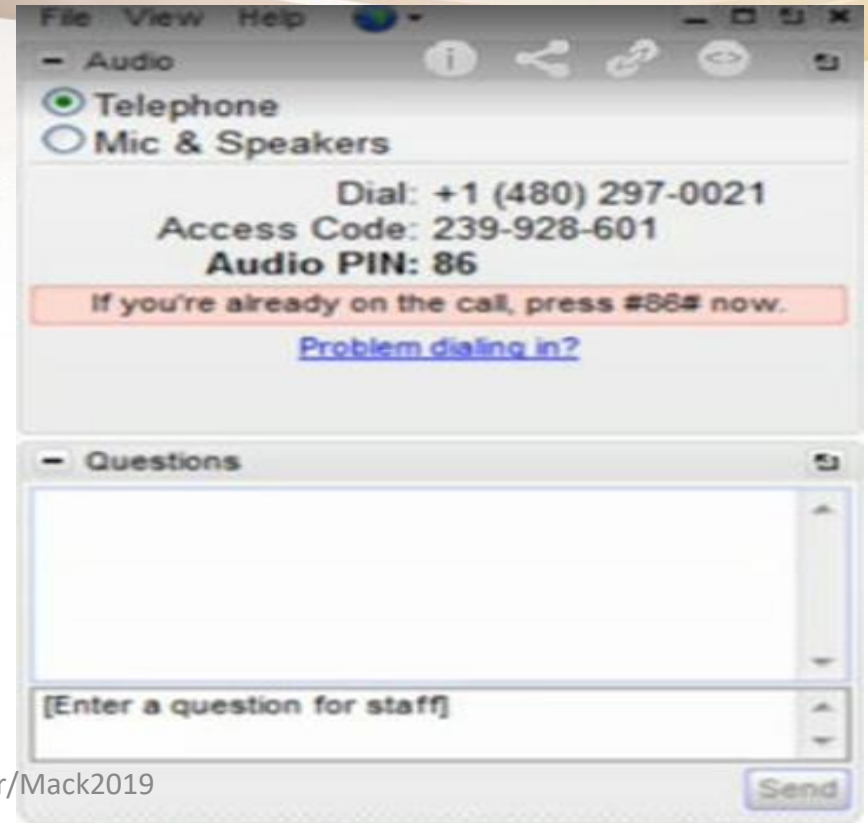
- 9 of a 6-part series
- Brought to you by: American Agri-Women, District 11 MN Agri-Women and the University of Minnesota - Women in Ag Network with funding from UMASH
- Format 45-60 Minute Presentation & 30 Minute Question and Answer Segment

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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*Required field

First Name*

Last Name*

Email Address*

Register



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



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

- We use our 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.



1st Poll:

- How confident are you of having skills to effectively cope with significant stressors or life transitions in farming and ranching?
 1. Very Confident
 2. Somewhat Confident
 3. Not Confident

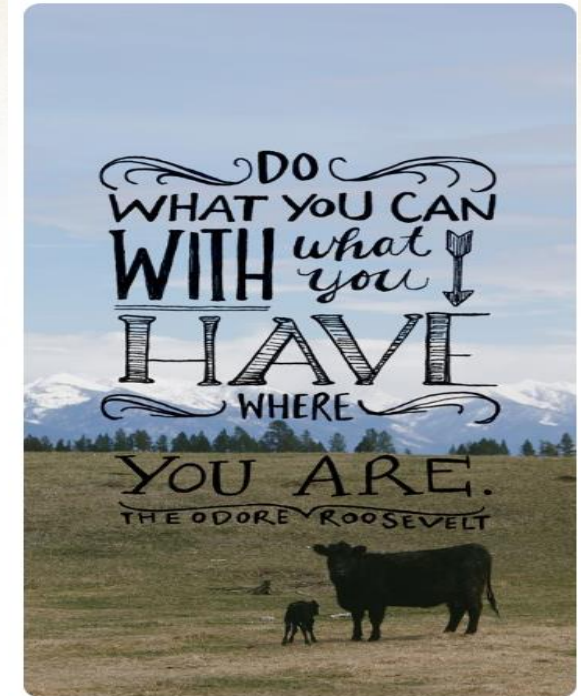


Today's Focus is on Farming/Ranching Transitions

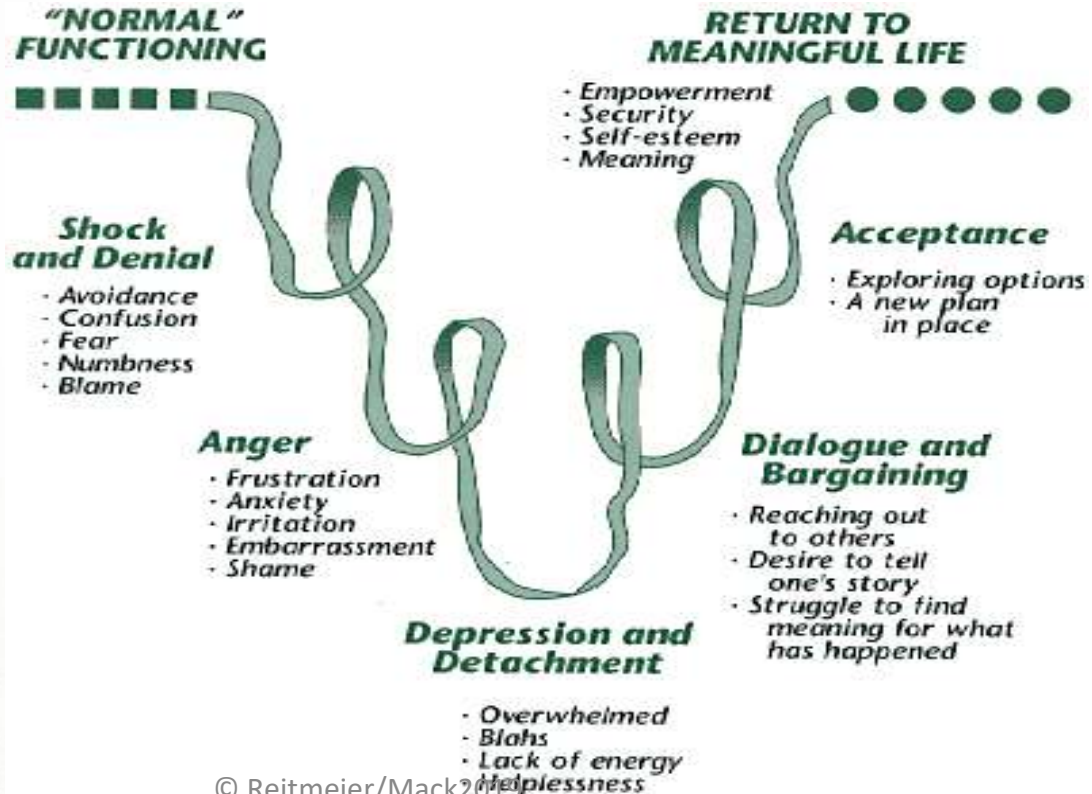
- Transitioning may mean:
- retirement
- changing your production (e.g. leaving dairy to raise steers)
- exiting and starting a new occupation
- adding an off the farm job
- bringing in a new generation (with or without prior planning).

Who Am I if not a Farmer?

- Make the Decision
- Go back to your values (see Building and Maintaining Relationships webinar #4)
 - What are your top 2-3 values as your North Star

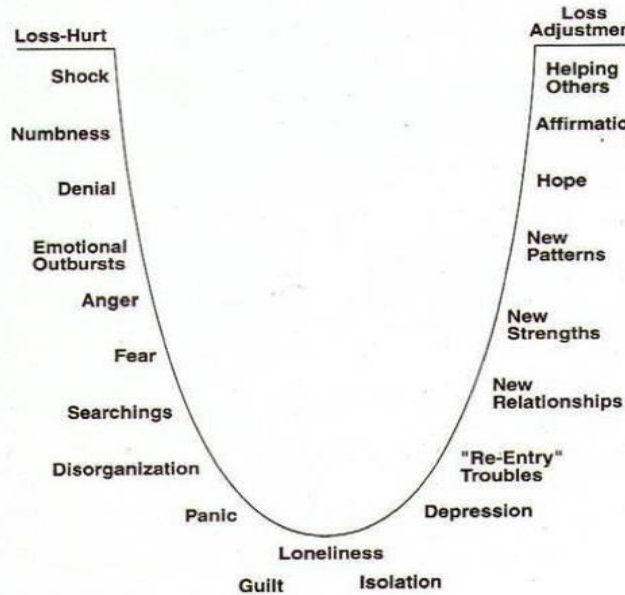


What can I expect?

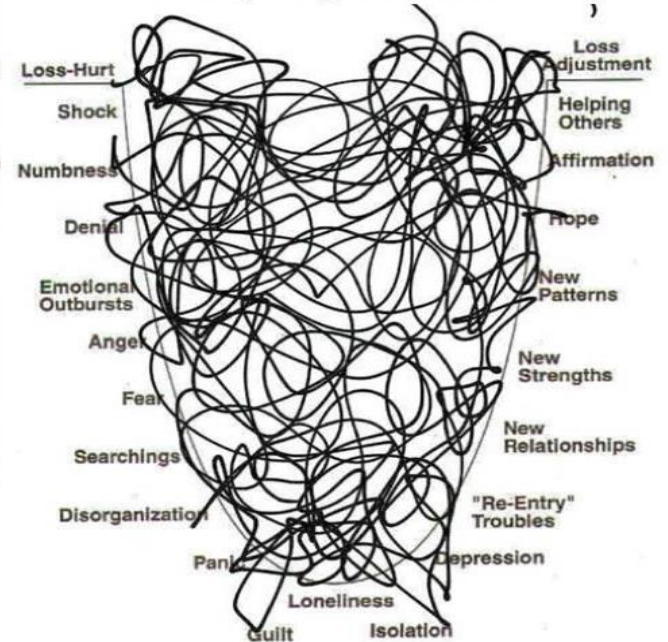


Or

STAGES OF GRIEF



My experience





We want to hear from you!

In the Chat Box: Type a question about today's topic that you want addressed OR a comment that could help our Ag-community listening to the webinar

What can I expect?

It isn't the farm that makes
the farmer -
it's the love,
hard work,
and character.

~ Unknown



www.FarmersKnowHowToGrow.com

- Values
- Knowledge
- Experience
- Connections

What you see
depends on how you
view the world.
To most people,
this is just dirt.
To a farmer,
it's potential.

~Doe Zantamata

happinessinyourlife.com

What can I expect?

- Everyone's experience is different/unique
- Range of thoughts, feelings, behaviors and responses including:
 - Smooth process
 - Some good days, some not so good
 - **Identity Crisis**
 - Situational Anxiety and Depression
 - Significant mental health issues
 - Suicidal thoughts or actions (seek immediate professional help)

Farmer/Ranchers are so many things...

Hey Farmer, I need you to hear something right now. I need you to hear this loud and clear - I'm so sorry for everything this year has thrown at you. I'm so sorry for all the things you cannot control that put so much weight on you. But hear me - **YOU** are not defined by this year's crop. Or this year's income. Or this year's "success". **You are not the farm. You are more than the farm. (Kate Uptown-Farm Blogger- 2019)**

Farmer/Ranchers are so many things...

You are more than the farm, the yield of your crops, the weight of your weaned calves or the income derived off the land. You are a person with unique talents, passions and skills with great things to offer the world. Even in dark times, may you never forget that. (**Amanda Radke, 2019**)

Strategies

- Self-Awareness
- Remind yourself of who you are and what you do in addition to farming and ranching
- Remind yourself “I am not alone!”
- Talk about your stress, hopes and dreams with your spouse, friends, family members
- Focus on your strengths
- Focus on what you have control over



We want to hear from you!

In the Chat Box: Share your ideas or strategies in helping others deal with the hardship of retiring, transitioning or significant changes in farming and ranching.

More Strategies

- Start the retirement or transition planning process early (ex: University of MN Extension Guidelines)
- Use local, state or national resources
- Reach out for help to others if needed: faith-based provider (pastor, priest); physician; social worker or counselor

Planning Strategy

- Farm transition planning involves:
 - identifying personal, family, and farm goals
 - ***communicating*** with family and professionals to agree on mutual goals
 - dealing with feelings and values
 - more than just legal and business documents!

Another Strategy: 3-Legged 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 Self-Care Webinar)



Strategies con't:

- Focus on the positive, what you have control over & change negative to empowering self-talk

Self-Talk Worksheet:
To deal with Stress & Sadness

Old Pattern:

Thoughts

↓

Feelings

↓

Behaviors


New Pattern:

© Brenda Mack, 2008



Resiliency Building Action Plan

1. Remind yourself of previous experiences of your resilience (ability to bounce back) that can help you manage your current stressful situation.
2. Identify what you can do to increase your resilience during this stressful time.
3. Identify individuals who I can lean on during this stressful time.



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)**

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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 |

mn



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

- Farmers and Depression: Your Identity is more than the farm.
<https://www.thefencepost.com/opinion-2/farmers-and-depression-your-identity-is-more-than-the-farm/>
- Hey Farmer: Your Not the Farm: <https://www.uptownsheep.com/uptown-girl---a-working-farm-wifes-blog>
- 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/>

References/Resources

- Self-Help Worksheets <https://www.livingcbt.com/>
- 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/>

Farm Transition Resources

- Minnesota Extension Farm Transition Fact Sheets: z.umn.edu/farmtransition
- Oklahoma Extension Farm Transition Workbook: agecon.okstate.edu/farmtransitions
- Iowa State Extension Resources: www.extension.iastate.edu/agdm/wdbusiness.html
- Guided Web Software for Farm Transition Planning: agtransitions.umn.edu
- Annie's Project Farm Transition Resources: www.anniesproject.org/resources



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

Questions & Answers



Contact Information

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