

CULTIVATING RESILIENCY *for Women in Agriculture*



How to Manage When You and Your Family's Lives Have Been Upended

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with
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How to Manage When You and Your Family's Lives Have Been Upended

This program is a collaboration and is brought to you by:
American Agri-Women,
University of Minnesota Women in Ag Network,
District 11 Agri-Women,
and the Upper Midwest Agricultural Safety and Health Center

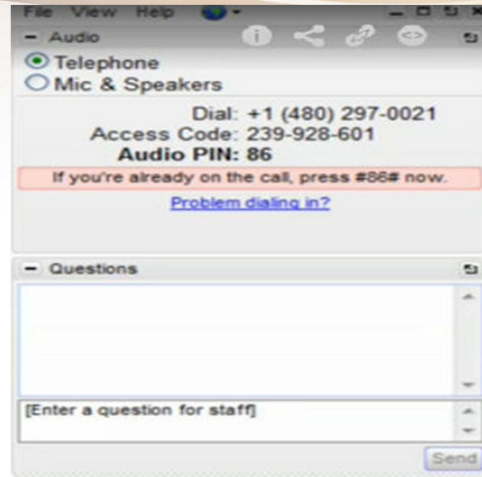


Webinar Logistics

- 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 & Upper Midwest Agricultural Safety and Health Center website (UMASH).
- 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 Recordings

<https://americanagriwomen.org/webinars/>

Past Webinars

February 7, 2020 12:00 PM CST – Planting Courage and Authenticity in a Farming Life

[View Webinar](#)

Are you tired of the same old same old in your farming life, family and relationships? Do you feel that you have more to give or more to who you are that can help you and your farm thrive? In this session, you will be exposed to the research of Brene' Brown on shame and vulnerability. Shauna Reitmeier will share with you key elements and factors rooted in Brene's work that you can use to break through personal barriers, help you gain focus and a 2020 vision.

Shauna Reitmeier, MSW, LGSW will lead this session of Coffee Chat. Shauna has over 20 years of experience in the behavioral healthcare and cognitive disabilities fields. She currently serves as the Chief Executive Officer of the Northwestern Mental Health Center, which serves a comprehensive array of behavioral healthcare services to adults, children and families across six (6) rural and frontier counties of Northwest Minnesota. Shauna grew up on a farm and is well-connected with rural communities.

How to View Saved Recordings

<http://umash.umn.edu/cultivating-resiliency-webinars/>

- Go to past sessions, click on the one that you want
- A window will open, click on view recording

PAST SESSIONS:

+ December 14, 2018: Impact of Farming and Ranching Stress for Women 101
+ January 11, 2019: Self-Care Tips to Help Reduce Stress
+ January 25, 2019: You Can't Pour from an Empty Cup - How Do You Fill It Up to Support Yourself and Others?
+ 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
+ May 10, 2019: Suicide and the Agriculture Way of Life: What You Need to Know

December 14, 2018: Impact of Farming and Ranching Stress for Women 101

December 14, 2018
Presented by: Shauna Reitmeier and Brenda Mack

In this session, Shauna and Brenda will define and discuss farming and ranching stress that may be affecting women in agriculture. The presenters will address possible outcomes of excessive worrying and hopelessness. Dealing with stress in healthy and healing ways will be highlighted.

[VIEW RECORDING](#)

Note: You must register to view the recording

HANDOUTS:

- ➔ [Session 1 Handout](#)
- ➔ [Personal Self Care Model](#)
- ➔ [Self-Talk Worksheet](#)
- ➔ [Stress Symptoms](#)

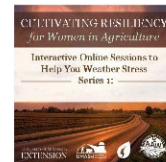
How to View Saved Recordings

Once you click View Recording it will ask you to register

Planting Courage and Authenticity in a Farming Life

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About our presenter: Shauna Reitmeier, MSW, LGSW will lead this session of Coffee Chat. Shauna has over 20 years of experience in the behavioral healthcare and cognitive disabilities fields. She currently serves as the Chief Executive Officer of the Northwestern Mental Health Center, which serves a comprehensive array of behavioral healthcare services to adults, children and families across six (6) rural and frontier counties of Northwest Minnesota. Shauna grew up on a farm and is well-connected with rural communities.



*Required field

First Name*

Last Name*

Email Address*

State/Province

Choose One...





Before We Begin

- We use our experience and background as guides. Each of you are experts in your own lives
- Today's topic in particular 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.



Poll:

How are you feeling right now?
Anxious, Angry, Afraid, Okay, Many Feelings

Monica - Introduction



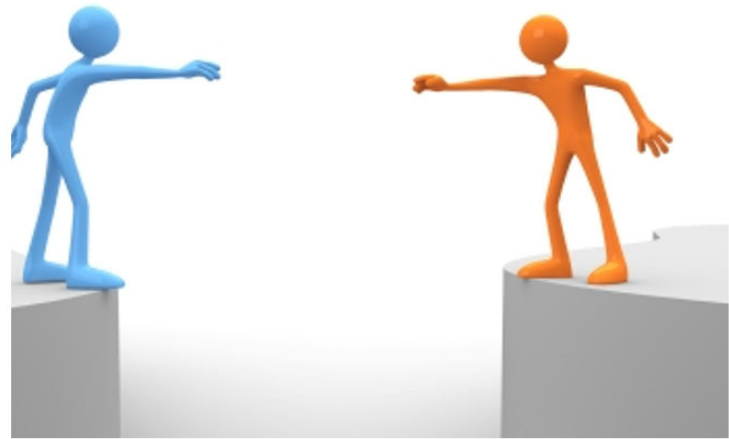
The Importance of Self Awareness

- Biophysical
- Social
- Psychological
- Spiritual



Helping Others During This Time

- Support – What can that look like?
- Checking in
- Kids
 - Routine
 - Time
 - Patience
 - Protective factors

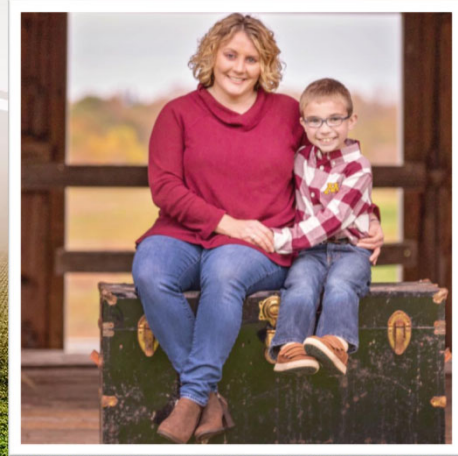


Poll:

Which protective factor are you struggling with most during this crisis?
Biophysical, Social, Psychological, Spiritual

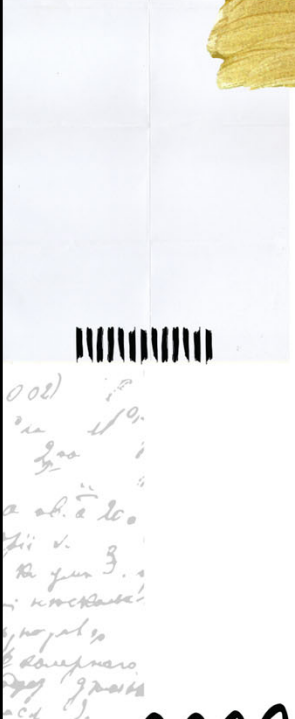


Amy - Introduction



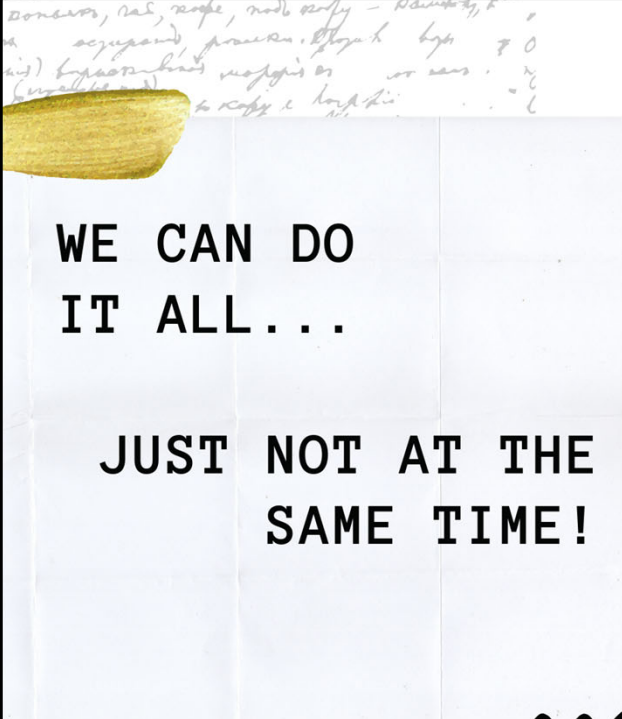
**WELCOME
TO
HOLLAND**

Now what?



Yes, AND @HOLISTICALLYGRACE

Yes,	<i>we can feel grateful</i>	AND	DISAPPOINTED ABOUT THINGS BEING CANCELLED
Yes,	<i>we can enjoy extra time with loved ones</i>	AND	FEEL OVERWHELMED BY THEIR PRESENCE
Yes,	<i>we can be hopeful</i>	AND	FEEL LIKE EVERYTHING IS FALLING APART
Yes,	<i>we can be a source of support for others</i>	AND	PRIORITIZE OUR NEEDS, FILL OUR OWN CUP




**WE CAN DO IT ALL...
JUST NOT AT THE SAME TIME!**

BE HONEST WITH YOURSELF AND OTHERS.

GIVE YOURSELF GRACE.

ASK FOR HELP.



WHAT HAS HELPED ME IN THIS TIME OF UNCERTAINTY?

NO "RIGHT WAY"

No instruction guide or manual; no one has it "all figured out"

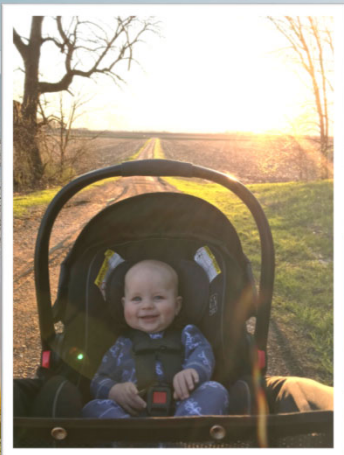
SEMI-STRUCTURED SCHEDULE

Kanban board for guiding priorities; make hay when the sun shines

EXERCISE

Walking, spinning, on-demand classes

Megan - Introduction



Stress and Finances

















It's not just the stress of COVID-19, lack of childcare, the busyness of planting, etc. Finances are so tough.

Roberts, 2019



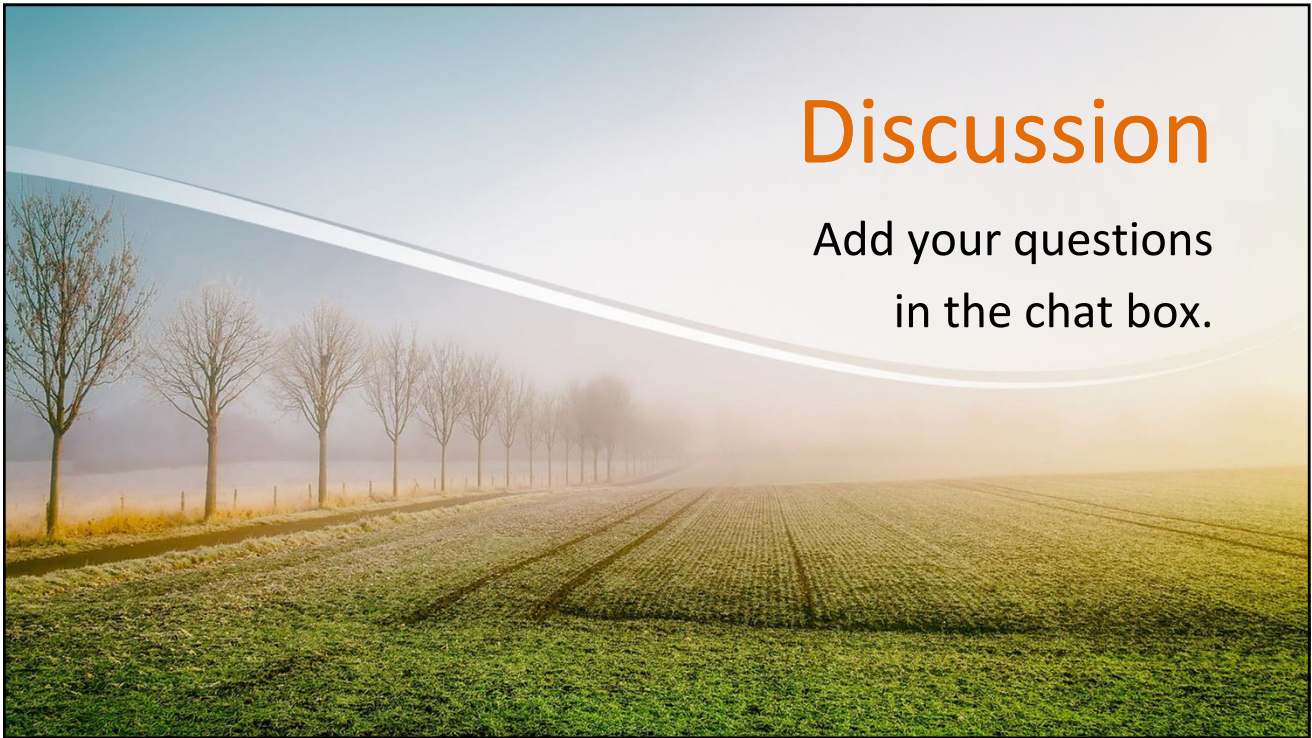
- **Agricultural Youth Work Guidelines** help parents assign tasks based on worker ability. Remember **tractors** are most dangerous for children.
- **Cultivate Safety's Safe Play** discusses creating safe play areas on farms; includes a child development chart.
- Need some fun education resources? Check out mini-lessons, videos, music and virtual field trips. **Ag in the Classroom** websites are great sources.
- When looking at child care options, remember that people ages 65+, and people with underlying medical conditions such as asthma or diabetes, are at higher risk for severe illness from COVID-19 according to the **CDC**.

Contact: Scott Heiberger, National Children's Center

 <p>Bending</p> <p>Age Range: 7+</p> <p>Interact </p> <p>Read </p> <p>Print/View PDF </p>	 <p>Cleaning Calf Pens / Hutches</p> <p>Age Range: 12+</p> <p>Interact </p> <p>Read </p> <p>Print/View PDF </p>	 <p>Cleaning Grain Bins</p> <p>Age Range: 14+</p> <p>Interact </p> <p>Read </p> <p>Print/View PDF </p>	 <p>Cleaning Service Alleys</p> <p>Age Range: 14+</p> <p>Interact </p> <p>Read </p> <p>Print/View PDF </p>
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Source: <https://cultivatesafety.org/work/>

	 <p>DESKTOP GREENHOUSES</p> <p>Students will investigate the importance of light to plants by creating a desktop greenhouse investigation.</p>	 <p>DIRT SHAKE</p> <p>Students will explore soil texture by conducting a test to determine the texture of their soil in their garden or yard.</p>	 <p>FARMING IN A GLOVE: CHANGING VARIABLES</p> <p>Students will design an investigation to explore the conditions necessary for germination to occur.</p>
	 <p>MAKING BIOPLASTIC</p> <p>Students will examine renewable and non-renewable resources with a hands-</p>	 <p>MY FARM WEB</p> <p>Students will use the visual representation of a web to explore the</p>	 <p>RENEWABLE VS NONRENEWABLE RESOURCES</p> <p>Source: agclassroom.org/</p>



Discussion

Add your questions
in the chat box.

Mental Health Resources


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

CRISIS TEXT LINE |
741741

**NATIONAL
DOMESTIC
VIOLENCE
HOTLINE**
1-800-799-SAFE

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.



Text **MN** to
741 741
Free support at your fingertips, 24/7

CRISIS TEXT LINE |

COVID19 Resources



www.mda.state.mn.us/covid-19-agriculture

Your local state Dept of Ag likely has its own response website.



umash.umn.edu/covid-19-resources

Monica's Contact



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- Facebook: Eyes on the Horizon
- Twitter: @EyesConsulting



Thank you.