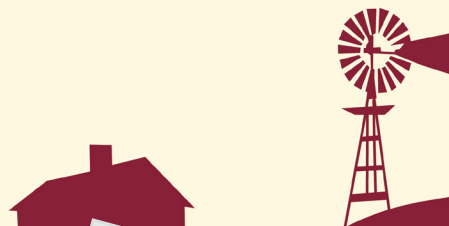


CULTIVATING *Resilience* IN RURAL *Communities*



Most of us get trained in CPR to potentially save a life.

Being prepared to have discussions about stress and mental health challenges is also a lifesaving skill.



A WORKSHEET
FOR CULTIVATING
RESILIENCE IN RURAL
COMMUNITIES

Thank you for your interest in learning more about mental health and agriculture!

We need to help each other. How many of you have stopped for a car incident or to help someone out of the ditch? Your foot instinctively reaches for the brake as you drive by. When you see cattle out, you make a call and help your neighbor get them back in. You make these emergencies “your business” by offering to help. It’s just the right thing to do.

Tragically, there is a different kind of emergency in our communities right now that we think of as “not my business” - a crisis of stress or mental health. It shows up in the form of depression, anxiety, withdrawing, shame, substance abuse, and more. Whatever you want to call it, it tends to make us uncomfortable and feel vulnerable. We don’t know what to say so we don’t say anything.

By having this discussion, we hope to raise awareness and give you practical tips to help yourself and others.

We all need to become more aware, take action, and take responsibility for what we see in our communities. We need to take care of each other.

The Mental Health and Agriculture video can be used to accompany this worksheet.



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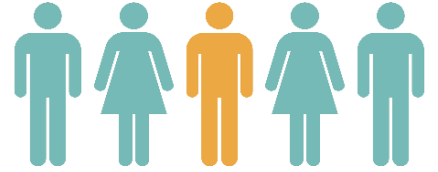


LEARN MORE AT: umash.umn.edu/cultivating-resilience-in-rural-communities

CULTIVATING RESILIENCE IN RURAL COMMUNITIES

MENTAL HEALTH

- ◆ Research shows that **one in five** people struggle with mental health at some point in their lives, but about two in three will never seek treatment.
- ◆ Depression is a **leading cause of disability** worldwide and is a major contributor to the overall global burden of disease.
- ◆ Some of the **common diagnoses** in mental health are: depression with or without suicidal thinking, anxiety, bipolar disorder, substance abuse (alcohol, opioids, marijuana, and other drugs), schizophrenia.



STRESS

- ◆ Chronic stress is associated with both **anxiety and depression**.
- ◆ Stress can negatively affect **physical health**.
- ◆ People working in **agriculture** can express stress for many reasons:
 - » Finances, isolation, regulations and tariffs, weather conditions, farm transition, misunderstanding by the general public.



NOTES:

CULTIVATING RESILIENCE IN RURAL COMMUNITIES

SYMPTOMS

- ◆ Some symptoms of stress come out physically and some show up in how we behave.
 - » **Physical signs:** poor or disturbed sleep, weight loss or gain, changes in appetite, stomach or gastrointestinal problems, clenching or grinding teeth, chest pain or pressure, poor hygiene.
 - » **Behavioral signs:** worrying, loss of interest in hobbies, trouble making decisions, relationship problems, change in personality, withdrawal from people/activities, increased smoking/drinking.



WHAT CAN YOU DO?

- ◆ If you see symptoms in **others**, there are things you can do:
 - » **ASK** if they are okay
 - » **LISTEN** without judgment
 - » **SHARE** your concerns
 - » **ENCOURAGE** them to take action
 - » **CHECK IN** with them
- ◆ If you see these symptoms in **yourself**, accept that you may need professional help. Acceptance is the beginning of healing.
 - » **TAKE CARE OF YOURSELF** (eat regularly, consistent sleep, hygiene, exercise).
 - » **TALK TO SOMEONE** close to you about how you are feeling (friend, family member, pastor, doctor, therapist).



SOMETIMES YOU NEED HELP. SOMETIMES YOU ARE THE HELP.

WHAT ARE SOME THINGS YOU CAN DO?

WRITE DOWN SOME IDEAS
IN THE SPACE PROVIDED.



*Use the resources on the back to
guide discussions, provide support,
and share with your community.*

LEARN MORE AT: umash.umn.edu/cultivating-resilience-in-rural-communities

STRESS AND MENTAL HEALTH RESOURCES

umash.umn.edu/stress



CULTIVATING RESILIENCY
for Women in Agriculture

UNIVERSITY OF MINNESOTA
EXTENSION

UMASH

AAW

CULTIVATING RESILIENCY WEBINARS

These webinars set out to help women in agriculture cultivate resiliency by focusing on what they can control in these challenging times and connect them with resources and information that can help them weather stress.

FREE and open to everyone! Past webinars are recorded and available online.

umash.umn.edu/cultivating-resiliency-webinars

SIGNS AND SYMPTOMS OF *STRESS*

BEHAVIOR SIGNS

- ✓ Worrying about things you didn't worry about before
- ✓ Loss of interest in things you used to enjoy (hobbies)
- ✓ Poor concentration, confusion, forgetfulness
- ✓ Uncertainty or trouble making decisions
- ✓ Relationship problems
- ✓ Sad mood
- ✓ Feeling anxious
- ✓ Change in personality, irritability
- ✓ Negative thinking
- ✓ Wanting to withdraw from people and activities
- ✓ Increased smoking/drinking

WHAT CAN YOU DO?
See the back of this card for help and suggestions - for you or someone you know!

PHYSICAL SIGNS

- ✓ Poor or disturbed sleep
- ✓ Weight loss or gain
- ✓ Changes in appetite
- ✓ Stomach or gastrointestinal problems
- ✓ Clenching or grinding teeth
- ✓ Chest pain
- ✓ Poor hygiene

National Suicide Prevention Line: 1-800-273-8255
It's free, confidential and open 24/7

UMASH Upper Midwest Agricultural Safety and Health Center
UMASH is funded by the National Institute for Occupational Safety and Health.
cooperatively approved by OSHA/NIOSH.

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ADDITIONAL REGIONAL AND NATIONAL RESOURCES AVAILABLE AT:
umash.umn.edu/stress

NATIONAL

SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)

suicidepreventionlifeline.org

TRUST THE SIGNS

ASK RUOK?

RUOK.ORG.AU

Make It OK.org

ACCESS ADDITIONAL RESOURCES AT: umash.umn.edu/stress