

Emotional Stress on the Farm: Practical Strategies to Cope

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Course Outline

WHAT WE'RE COVERING

- Unique farm/ranch stressors
- Warning signs
- Coping strategies



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THE FAMILY FARM



More than a business, the family farm is a lifestyle, it is an ideal worth preserving

Farm/Ranch Stress

- Uncontrollable factors
- Illness/injury
- Isolation
- Competition
- Increased need for competency
- Irregular/uncertain income
- Long/solitary work hrs
- Family/relationships
- Barriers to help



Warning Signs



- ISOLATION
- MOOD CHANGES
- ABRUPT SALES
- DISREPAIR
- PHYSICAL ILLNESS
- SLEEP PATTERNS ALTERED
- INCREASED SUBSTANCE USE
- LACK OF MOTIVATION
- UNPAID BILLS
- HOPELESSNESS
- FAMILY EXHIBITING STRESS

MASLOW'S HIERARCHY OF NEEDS



Self-actualization

Achieving one's full potential

Esteem

Feeling of Accomplishment

Love/Belonging

Intimate Relationships, Friends

Safety

Security

Physiological

Food, Water, Rest

If at first you don't succeed



**Keep trying until you're
really screwed.**

God grant me the Serenity...

FARMERS' MENTAL HEALTH: A REVIEW OF THE LITERATURE, ALISON GOFFIN, ACC POLICY TEAM, 2014

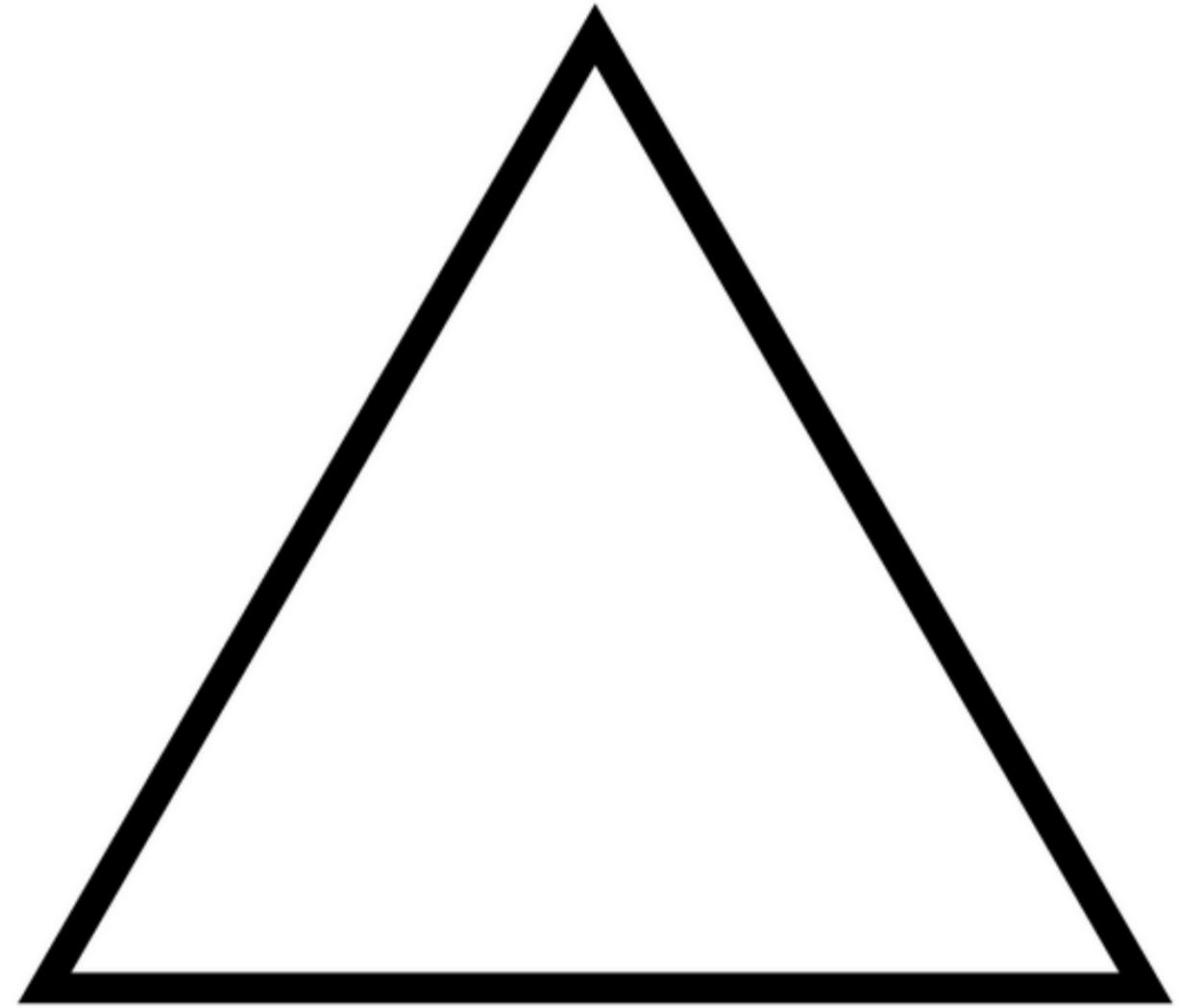
GLOBAL/
NATIONAL

REGIONAL/
COMMUNITY

FAMILIES

FARMERS

Thoughts



Feelings

Actions

Coping and Building Resiliency



- BUILD PROTECTIVE FACTORS
- PRACTICE RELAXATION STRATEGIES
- WORK ON HELPFUL THINKING
- USE MINDFULNESS TECHNIQUES
- REACH OUT

Coping and Building Resiliency



- BUILD PROTECTIVE FACTORS
 - BIOPHYSICAL
 - PSYCHOLOGICAL
 - SOCIAL
 - SPIRITUAL

WWW.AMERICANMENTALWELLNESS.ORG

Coping and Building Resiliency



- PRACTICE RELAXATION STRATEGIES
 - PROGRESSIVE MUSCLE RELAXATION
 - DEEP BREATHING
 - GUIDED IMAGERY
 - MEDITATION/PRAYER

WWW.HEALTH.HARVARD.EDU

Coping and Building Resiliency



- WORK ON HELPFUL THINKING
 - THOUGHTS/FEELINGS/ACTIONS CONNECTION
 - INTENTIONAL THINKING
 - CHALLENGE NEGATIVE THOUGHTS
 - "MAKE A PLAN" (TO-DO LISTS)

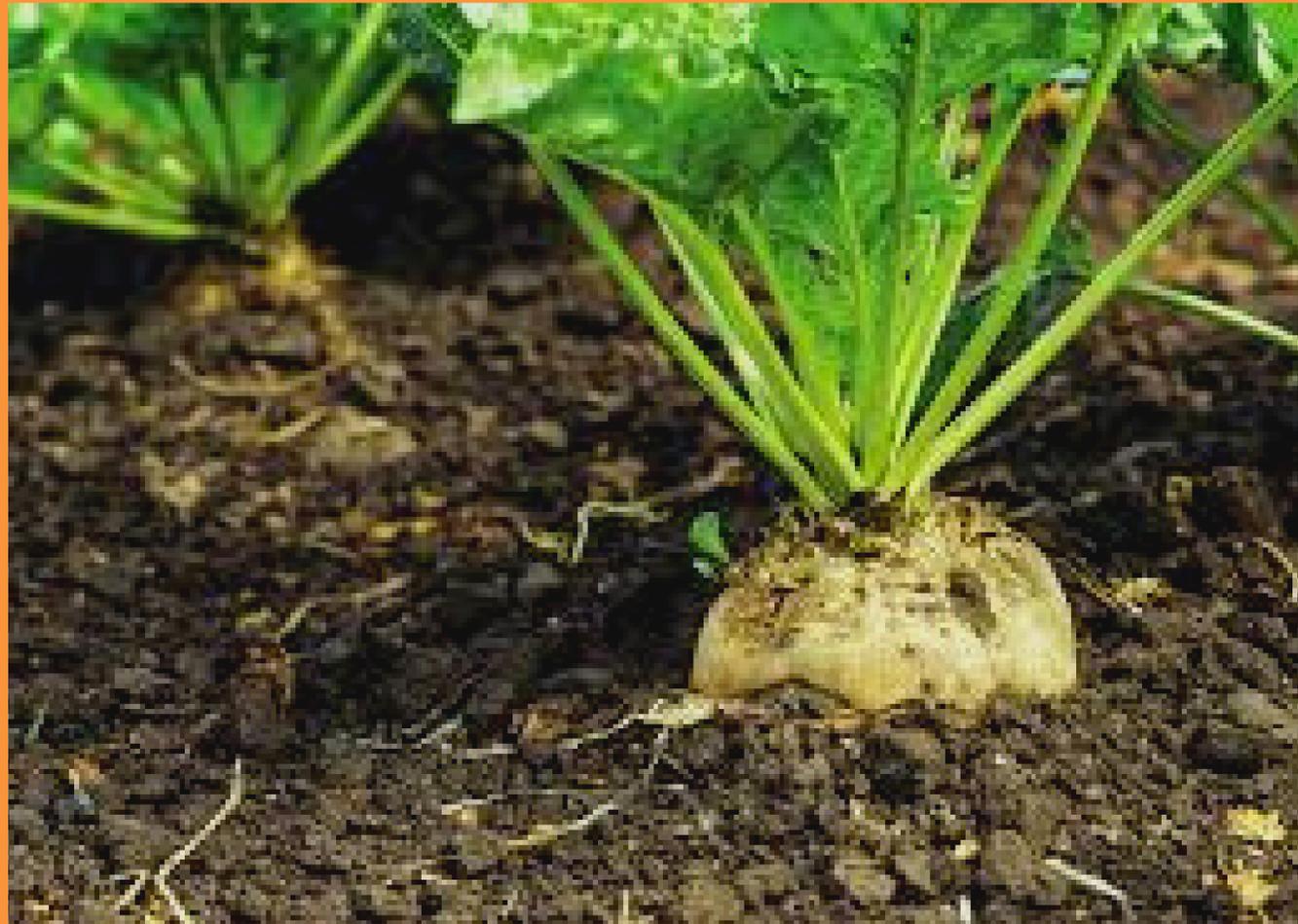
WWW.ANXIETYCANADA.COM/ARTICLES/HELPFUL-THINKING

Coping and Building Resiliency



- USE MINDFULNESS TECHNIQUES
 - FOCUS ON THE 5 SENSES

Resources



- MEDICAL PROVIDERS
- MENTAL HEALTH PROVIDERS
- CLERGY
- COUNTY SOCIAL SERVICES
- EXTENSION OFFICES
- CRISIS/SUICIDE HOTLINES
 - IOWA CONCERN HOTLINE 800-447-1985
 - IOWA HELPLINE 855-800-1239
- AG ORGANIZATIONS (NFU, USDA, FBF) IOWAFARMBUREAU.COM



"I CAN MAKE IT IN ONE TRIP"

Contact Me!

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EYES ON THE HORIZON



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