



Iowa Farm Bureau's Margin Management Webinar Series presents:

Safety and Stress Management in the 2020 Harvest Season

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MAKING A DIFFERENCE IN MINNESOTA: ENVIRONMENT + FOOD & AGRICULTURE + COMMUNITIES + FAMILIES + YOUTH

Safety and Stress Management in the 2020 Harvest Season

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Iowa Farm Bureau Federation
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WHAT'S YOUR WHY?



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Some notes on well-being,
mental health, & mental illness



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THE OLD NARRATIVE



Mental Illness

Mental Health

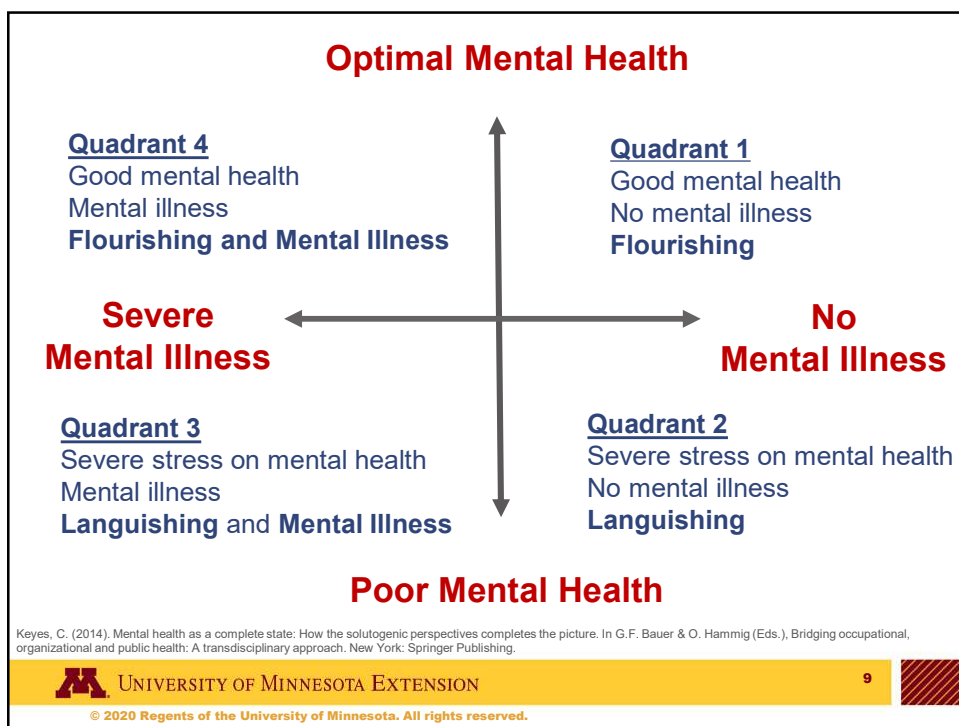


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The nature of farm stress

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STRESSORS IMPACTING FARMERS

- High interest rates
- Large debt loads
- Commodity prices
- Gov't regulations
- Weather/disaster
- Long work hours
- Farm transition
- Livestock illness
- Crop yield
- Machinery breakdown
- Illness/injury
- Relationships
- Barriers to help



THE AGRARIAN IMPERATIVE

“To farmers, ‘the land is everything.’ Ownership of a family farm is the triumphant result of the struggles of multiple generations. Losing the family farm is the ultimate loss – bringing shame to the generation that has let down their forbearers and dashing the hopes for successors.”

Rosmann, 2003



THE AGRARIAN IMPERATIVE

“...impels farmers to hang onto their land at all costs. The agrarian imperative instills farmers to work incredibly hard, to endure unusual pain and hardship, and to take uncommon risks.”

(Rosmann, 2010)



Identifying stress



RECOGNIZE SIGNS OF STRESS

Physical	Emotional	Behavioral	Cognitive	Self-worth
<ul style="list-style-type: none"> • Headaches • Ulcers • Backaches • Eating problems • Sleeping problems • Frequent sickness • Exhaustion • Poor hygiene 	<ul style="list-style-type: none"> • Sadness • Depression • Bitterness • Anger • Anxiety • Loss of spirit • Loss of sense of humor 	<ul style="list-style-type: none"> • Irritability • Acting out • Passive-aggressive behavior • Anger • Increased drinking • Taking drugs • Isolation • Violence 	<ul style="list-style-type: none"> • Memory loss • Lack of concentration • Difficulty with simple decisions 	<ul style="list-style-type: none"> • Feel like a failure • Can't do anything right • Not being able to fix things



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SIGNS OF PROLONGED STRESS

- Previously identified signs have not improved or have multiplied
- Change in routine
- Appearance declines
- Increase in illness
- Increase in farm accidents
- Family members show signs of stress



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What does this mean?



OVERALL WELLNESS CRITICAL TO FARM SAFETY

- Less fatigue
- Less brain fog
- Quicker reflexes
- Better decision-making



Communicating with people under stress



REACH OUT IF YOU ARE CONCERNED

- It can be uncomfortable, but reaching out is critical
- Individuals experiencing stress typically feel isolated
- Acknowledgment of someone's suffering can offer them relief



CONVERSATION STARTERS

I've been worried about you. Can we talk about what you are experiencing? If not, who are you comfortable talking to?

I am someone who cares and wants to listen. What do you want me to know about how you are feeling?

It seems like you are going through a difficult time. How can I help you to find help?



DELIVERING BAD NEWS

- Empathy, empathy, empathy
- Understand their perspective
- Speak in plain language
- Schedule enough time



Adjust your own oxygen mask



TAKE CARE OF YOURSELF

- You can't pour from an empty cup
- Practice intentional well-being



STRATEGIES TO PROMOTE WELLNESS

- Deep breathing
- Meditation/reflection/grounding
- Positive mindset
- Physical activity
- Hobbies
- Connect with your social network
- Speaking with a mental health professional



Resources for Farm Stress



RESOURCES

- Iowa Concern Hotline: 1-800-447-1985
- Iowa's Center for Ag Safety & Health
- Upper Midwest Ag Safety & Health
- z.umn.edu/ruralstress
- mnfarmstress.com
- Twitter: @UMNFarmSafety
- YouTube: U of M Extension Farm Safety



REMEMBER:

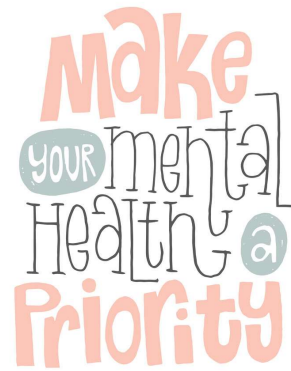
- It's okay to not be okay
- Bad days happen
- You are not alone
- It's okay to ask for help





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Driven to DiscoverSM

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Safety and Stress Management **in the 2020 Harvest Season**

Please fill out a brief evaluation by clicking:

<https://tinyurl.com/safehar>

*A recording of this webinar and materials will be available
for Farm Bureau members at www.iowafarmbureau.com*

Iowa Farm Bureau has created a resource page for these
stressful times: Just click on

[https://www.iowafarmbureau.com/Stress-Mental-Health-
Resources](https://www.iowafarmbureau.com/Stress-Mental-Health-Resources)

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