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A Clipboard will be going around with the following questions.



**What do you think service providers should know about farm stress and resiliency?**



**What do you think the general population should know or do about farmer stress?**



**How do you reduce stress  
Share ideas with other farmers.**



**What types of resources do you think farmers need?**



**Do you know of any resources that everyone should know about?**

PLEASE ADD  
YOUR E-MAIL  
ON THE LIST IF  
YOU WANT US  
TO SEND YOU  
THE  
RESOURCES  
THAT WE  
MENTIONED.



# What is stressful as a farmer?

Call out answers

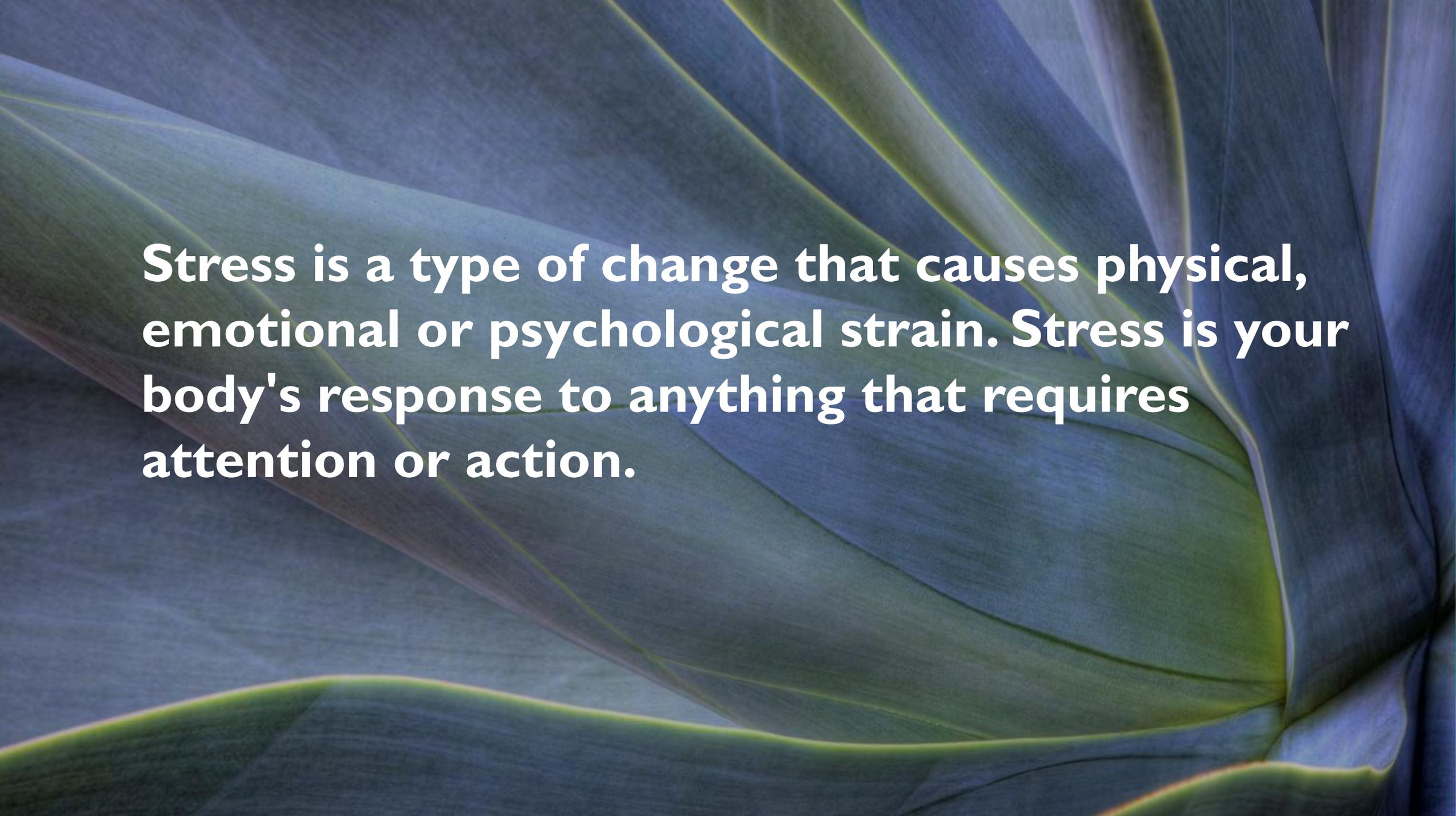
What are stressors that don't have to do with the farm?

Call out answers



**What are some farmer strengths?**

Think about what is different for farmers and how their strengths could help manage the stressors.

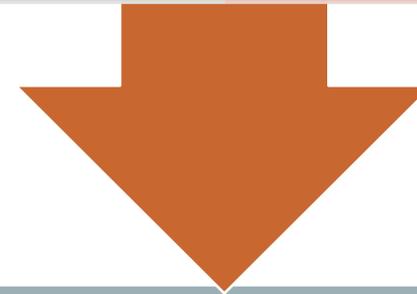


**Stress is a type of change that causes physical, emotional or psychological strain. Stress is your body's response to anything that requires attention or action.**

# Stress is not inherently a bad thing.

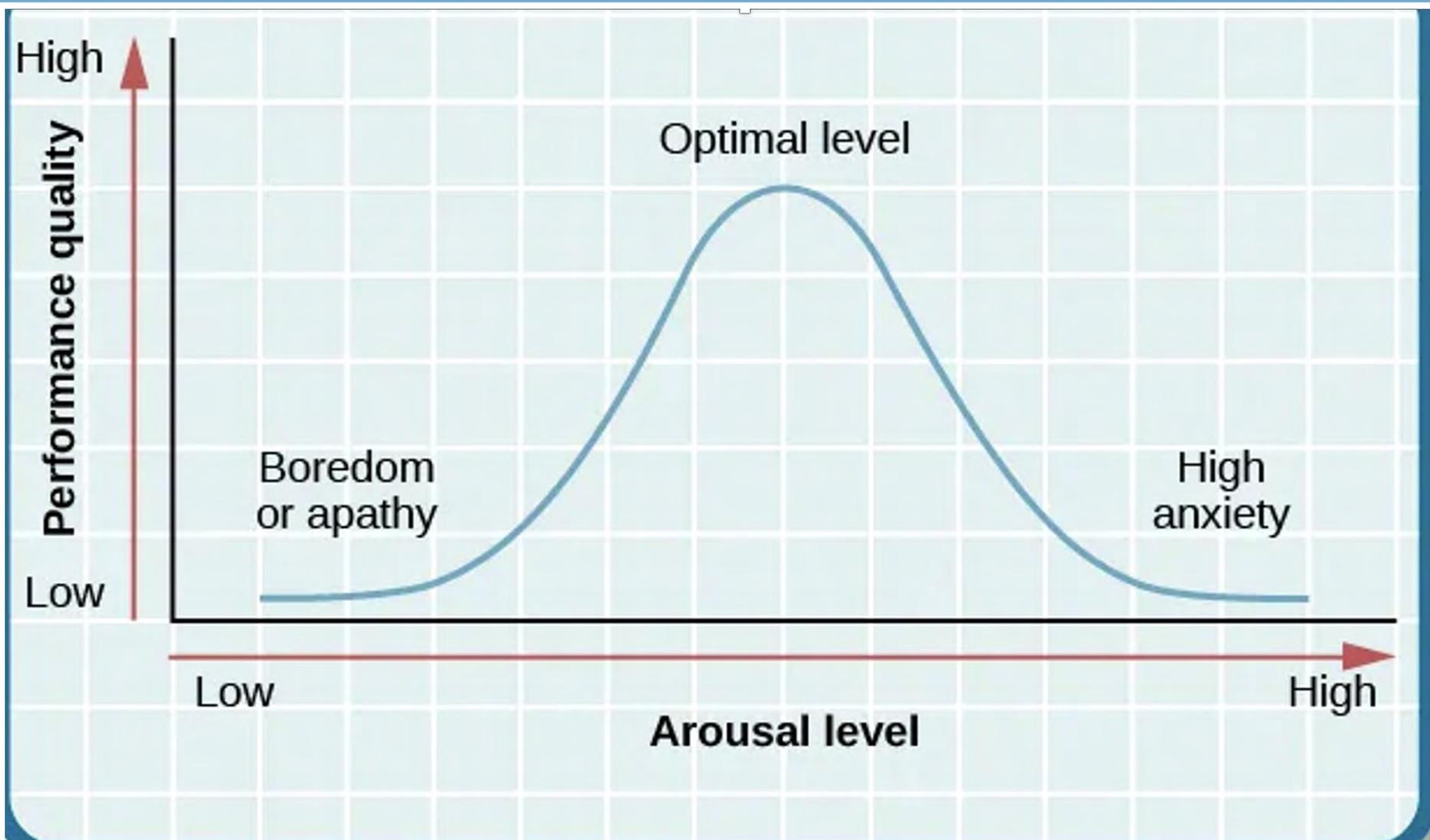
**We need some stress to keep us alert and stimulated**

**We need a stress response to make react to situations in a self-protective manner:  
Fight/flight/freeze/flock**



**The Yerkes-Dodson law is a model of the relationship between stress and task performance. It proposes that you reach your peak level of performance with an intermediate level of stress, or arousal. Too little or too much arousal results in poorer performance.**





# **Chronic Stress response**

**A consistent sense of  
feeling pressured and  
overwhelmed over a  
long period of time.**

**Symptoms include aches  
and pains, insomnia or  
weakness, less  
socialization, unfocused  
thinking**



# WARNINGS SIGNS OF CRONIC STRESS ON THE FARM

## Changes in emotions

reduced energy for the future, anxiety, loss of spirit, depression, loss of humor

## Changes in attitudes and cognitive skills

become frequently critical or agitated, lack concentration, trouble making decisions

## Changes in behavior

become quieter than usual, trouble sleeping, do not join friends or family activities; miss deadlines

## Changes on the farm operations

reduce care given to animals, machinery or fields, or themselves, increase in accidents



# DE-ESCALATION SUGGESTIONS



How to regulate when  
you are feeling stressed



**Recognize how you are responding.**

**Find the trigger – learn about your triggers**

**Body check - how and where is your body reacting? Focus on reducing tension there. Stretch**

**Mind check – consider the story you are telling yourself – find the truth of the situation**

**Realize that your response is a choice**

**Take a few deep breaths**

**Take a break**

**Ask for help**



**Try not to feel bad or guilty about being escalated but concentrate on calming down**



**If you are having conflict with someone else, try not to focus on who is right or wrong but what you might do moving forward.**



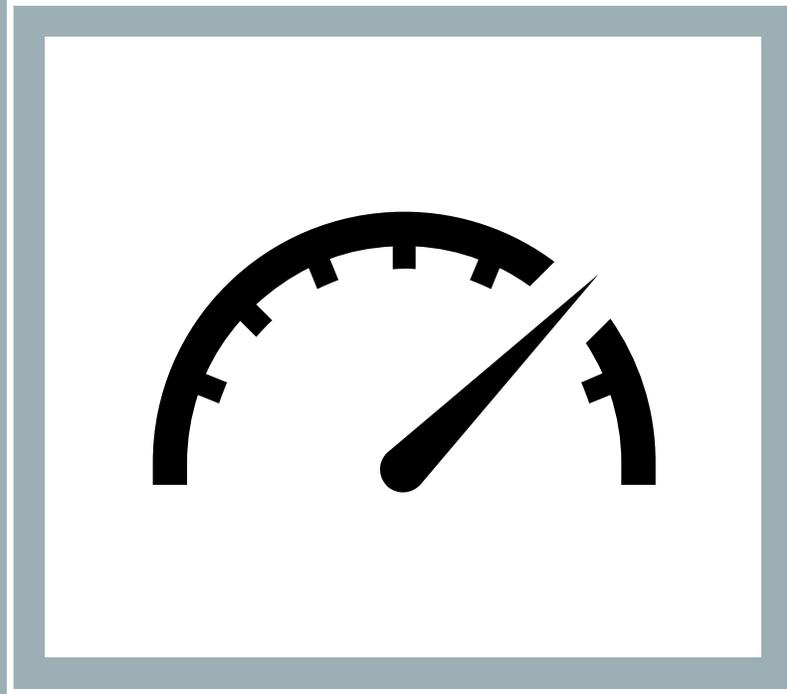
**Try to focus on one situation or problem at a time. Tell yourself that you will think about the rest of it at another time.**



**Think about what went well when self-regulating. Consider what other strategies you might use in the future.**



**If you are talking with an escalated person, consider the following de-escalation chart.**



TALKING WITH SOMEONE WHO IS  
ESCALATED

## De-escalation chart – we will send you an electronic copy of this

<b>Strategy</b>	<b>Notes</b>
<b>Focus on managing your own emotional response</b>	When someone is talking to you in a heated way it is easy to escalate yourself. Try to stay calm and positive
<b>Take a deep breath</b>	One way to do that is to take a few deep breaths. When stressed our breathing often becomes shallow and rapid. This increases agitation.
<b>Listen more than you talk Allow the Person to vent</b>	Sometimes in these situations all the person needs is to vent and get it all out and listening can be just what they need. Always remember you do not need to listen if someone is being disrespectful to you

## Show empathy

Sympathy means feeling sorry for the person, empathy means that you respect their experience (even if you don't agree with it).

## Identify and define the problem

When a person is escalated and frustrated it is often hard for them to stay on point. When they calm down, try to relay the problem back to them in a succinct way.

## Try not to take it personally

If the person is raising their voice and sounding agitated, remember they are unlikely to be upset with you as a person, but instead are upset about a situation.

## Avoid the need to be right or fix it right away

Advice and suggestions should come after listening, understanding, and clarifying. Don't interrupt a frustrated person with your ideas or personal experience.

## **Take a break**

If things do not seem to be calming down you may decide to ask the person to take a break, take a walk, or rest, and then reconnect.

## **If meeting in -person, be aware of keeping your body language and vary your distance apart, as appropriate**

Avoid crossing your arms, clenching your fists or throwing your hands up in frustration. Be certain you are on the same physical level- don't stand if they are sitting, For instance. Creating some extra physical space can be helpful. Lean or step back.

## **Use positive language when ending the interaction**

Relay back any solutions or positive statements that were made to end on a positive note, if possible.



**RESILIENCY TOOL**  
**PRO-ACTIVE APPROACH**

**WE WILL SEND YOU AN ELECTRONIC COPY**

## Managing Farm Family Challenges Resiliently

Challenge:

### **Belief systems:**

1. Is this challenge a threat or an opportunity? Why?
2. What strengths do we bring to addressing this challenge?
3. What can we do to become or remain hopeful and optimistic?

<b>Vision for short term</b>	
Vision for long term	

Learning/change/growth needed to support visions?

<b>Short term steps toward our dreams</b>	<b>Which Family, friends, professionals or community organizations can provide support</b>

What risk management strategies can we put in place to enhance balance in our work and life?

What does moving forward with mutual support, teamwork and commitment for each other look like and how do we do it?

## Communication/Problem Solving process:

What can we do to support clear consistent Information Sharing?

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What can we do to provide an environment open to sharing our values, meaning and feelings about the challenge?

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What can we learn from previous setbacks that will help address the current challenge?

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What process can we put in place to share decision making?

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Brainstorm new ideas or resources to help us reach our dream.



## **STRESS RESPONSE**

THE FOLLOWING SLIDES HAVE BEEN MADE INTO AN ARTICLE THAT WE CAN SEND YOU. WE WILL NOT HAVE TIME TO GO OVER THEM TODAY

# STRESS

**Stress is a state of mental or emotional strain or tension resulting from adverse or very demanding circumstances.**

**Stress is a normal response to change, adverse circumstances, situations where we feel little control**

**Stress can be defined as *any type of change that causes physical, emotional, and/or psychological strain.***



# FIGHT OR FLIGHT

WHEN LIVING THROUGH  
A CRISIS WE ARE  
SOMETIMES KICKED  
INTO A “SURVIVAL  
MODE” WHERE WE  
EXPERIENCE  
FIGHT OR FLIGHT  
RESPONSE

- 



# FLOCK

**IN THREAT OF EXTREME STRESS OR PERSISTENT BURDENS  
THERE MAY BE A COLLECTIVE RESPONSE TO CONNECT, SHARE,  
MOBILIZE, AND SUSTAIN USE OF RESOURCES IN A POSITIVE  
ADAPTIVE WAY ...LIEBEL EBERSOHN**



# FREEZE

DURING COVID, OUR ABILITY TO FLOCK, OR EVEN FIGHT OR FLIGHT  
HAVE SUFFERED...

CAUSING SOME OF US TO FREEZE IN PLACE.

OUR RELATIONSHIPS, ACTIVITIES, DECISIONS AND EVEN DREAMS  
MAY HAVE BEEN ON HOLD





# **TYPES OF STRESS**

# PHYSICAL HEALTH STRESS

- **Headaches**
- **Stomach issues**
- **Increased blood pressure**
- **Clenched teeth, jaw**
- **Muscle tension**
- **Sudden perspiration**
- **Rapid heartbeat**



# BEHAVIORAL HEALTH STRESS

- Sleep issues
- Difficulty adapting to change
- Verbal abuse
- Increased anger
- Communication issues
- Physical abuse
- Difficulty relaxing
- Increased substance use



## Emotional Health stress

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- **Impatience**
- **Yelling more/ Blaming**
- **Frustration**
- **Depression**
- **Anxious**
- **Difficulty controlling emotions**
- **Angry Blow-outs**



# GENERAL CAUSES OF STRESS

## Time Stress

You experience time stress when you worry about not doing things at the right time or running out of time to complete all your tasks. Time stress can quickly make you feel unhappy, trapped, or even hopeless.

Common examples of time stress include worrying about key deadlines, rushing to avoid being late for a meeting, or looking at a list of jobs that's unmanageable in the time you've got.



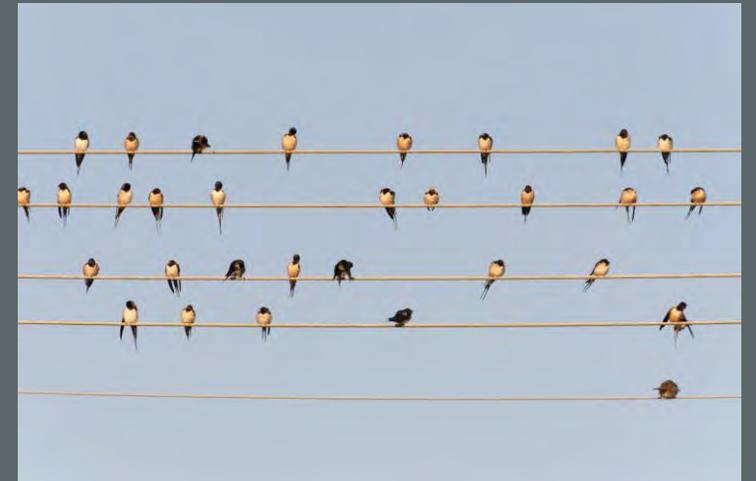


## Anticipatory Stress

Anticipatory stress describes stress that you experience concerning the future. Sometimes this stress can be focused on a specific event, such as an upcoming presentation. However, anticipatory stress can also be vague and undefined, such as an overall sense of dread about the future, or a worry that "something will go wrong."

## Situational Stress

You experience situational stress when you're in a difficult situation that you have no control over. This could be an emergency. However, it's more commonly a situation that involves conflict, or a loss of status or acceptance in the eyes of your group. Getting laid off or making a major mistake in front of your team are examples of events that can cause situational stress.





## Encounter Stress:

Encounter stress revolves around people. You experience encounter stress when you worry about interacting with a certain person or group of people. You may not like them, find them difficult to communicate with, or worry that they're unpredictable.

Encounter stress can also occur if your role involves a lot of personal interactions with customers or clients, especially if those groups are in distress. For instance, physicians and social workers are particularly likely to experience encounter stress, because the people they work with routinely don't feel well or are deeply upset.

This type of stress also occurs from "contact overload": when you feel overwhelmed or drained from interacting with too many people.

**An acute stress reaction** occurs when symptoms develop due to a particularly stressful event. The word 'acute' means the symptoms develop quickly but do not usually last long. The events are usually very severe, and an acute stress reaction typically occurs after an unexpected life crisis.



## **Chronic Stress response**

- **A consistent sense of feeling pressured and overwhelmed over a long period of time.**
- **Symptoms include aches and pains, insomnia or weakness, less socialization, unfocused thinking**



## Toxic stress response:



This is the body's response to lasting and serious stress, without enough support from a caregiver. When a child doesn't get the help he needs, his body can't turn off the stress response normally. This lasting stress can harm a child's body and brain and can cause lifelong health problems.



THANK YOU!

