



Coping in a time of Stress

Helpful vs. Hurtful Strategies

P R E S E N T E D B Y
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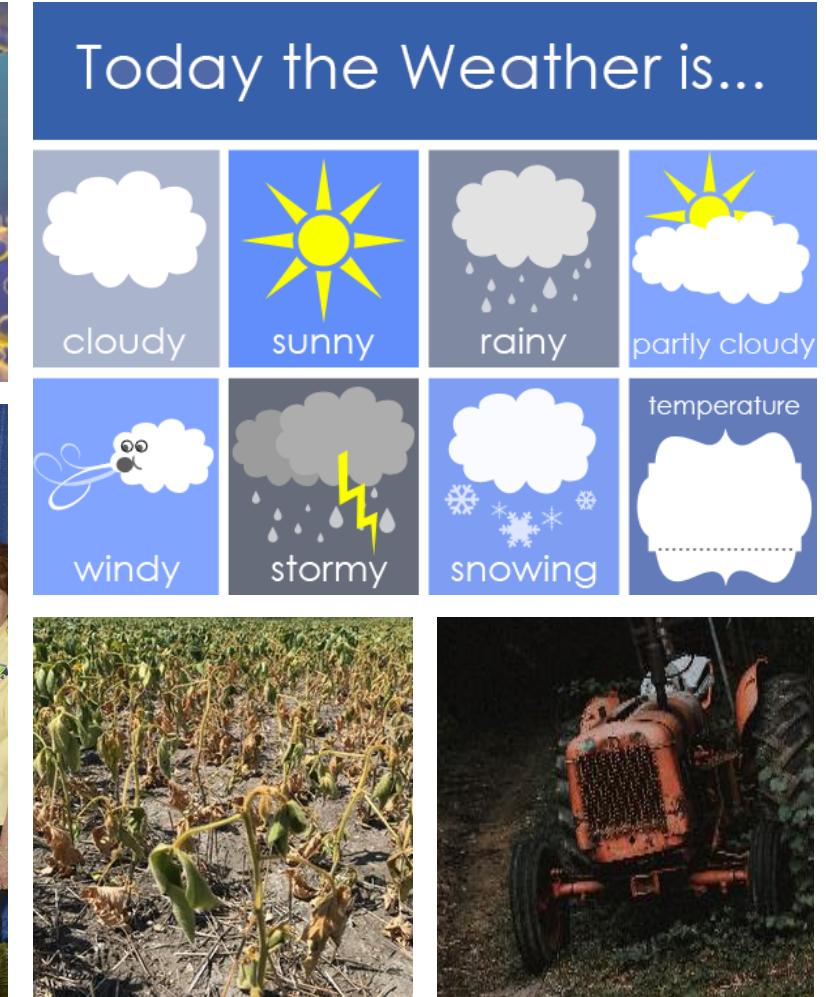
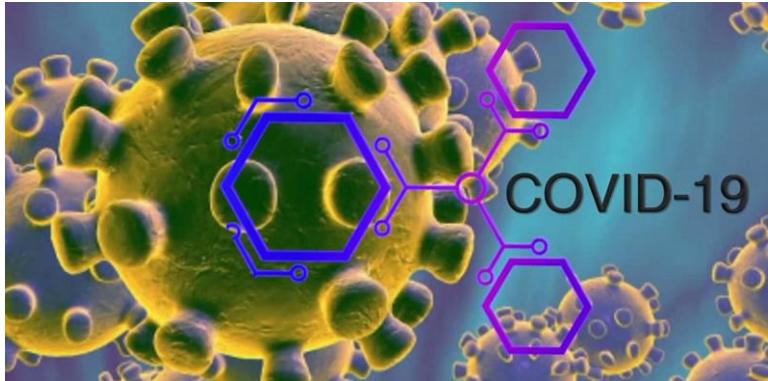


A B O U T

Shauna Reitmeier, MSW, LGSW

- CEO of Northwestern Mental Health Center Inc.
- 25+ years experience in the Mental Health, Substance Use Disorder and Development Disabilities field.
- Serve birth to end of life in NW MN primarily in Kittson, Mahnomen, Marshall, Norman, Polk and Red Lake Counties.
- Grew up and worked on our 3rd generation family crop farm.
- Macaroni and Cheese = Stressful Time

Do you know when you experience stress?





Is Stress Positive or Negative?

Positive Stress

Stress is positive when it provides opportunities with good outcome, helps with motivation, completing tasks.

- Pressure to get various reports submitted or invoices out the door to get paid.
- Getting last milking done before the truck comes to haul.





Negative Stress

Stress is negative if it is seen as a threat or the outcome poor.

- Renting land the owner raises prices, have crops in the field, snowed and frozen soybeans in the field, can't harvest and rent or taxes are due all at the same time.
- Trying to beat the clock (weather, elevator times) and safety is at risk
- Turns unmanageable, overwhelmed and can't move forward.

How do you manage stress?

Helpful Strategies



Hurtful Strategies



Hurtful or Negative Coping Strategies



- Avoidance
 - Talking about stress in general
 - Talking to family/friends
 - Lenders and Businesses
- Numbing
 - Alcohol & Substance Use
 - Food
 - TV
- Anxiety & Depression
- Suicide

Helpful or Positive Coping Strategies



3 Legged Stool

- Acknowledge Stress & Feelings
 - Call it what it is & Tell Someone!
- Make choices to chose
 - Gratitude over What If's
- Take care of you body
 - Fuel you body, Hydrate your body, Move your body (natural anti-depressant)

Resources

- Minnesota Department of Agriculture
 - <https://www.mda.state.mn.us/about/mnfarmerstress>
- Positive Self-Talk (Thinkup)
 - <https://thinkup.me/>
- Stress-relief and Self-Care Apps: (Calm, Headspace, Happify)
 - <https://www.calm.com/>
 - <https://www.headspace.com/headspace-meditation-app>
 - <https://www.happify.com/>
- Upper Midwest Agriculture Safety and Health Cultivating Resiliency Webinar Series
 - <http://umash.umn.edu/cultivating-resiliency-webinars/>
- Verywell Mind Website
 - <https://www.verywellmind.com/what-coping-strategies-are-effective-3144562>



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