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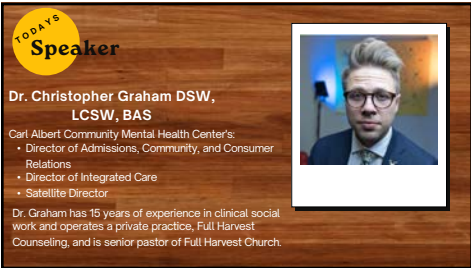
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**THE AMERICAN FARMER  
AT A GLANCE**

- The average farmer is 52 years old.
- Combining business and family amplifies the stress of running a business.
- Farming has one of the highest mortality rates of any occupation.
- Farmers are at a greater risk of lung diseases from inhaling debris and chemicals.
- Farmers are at a greater risk of hearing loss from noise exposure.
- Sun and chemical exposure put farmers at great risk of skin diseases and cancer.

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**Farming-Specific Stressors**

- Weather
- Crop Failure
- Market Prices
- Taxes
- Health Care Costs
- The Responsibility

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**Objectives**

- Expose the Interference
- Understand the Triggers
- Manage the Stress
- Get a Referral If Needed

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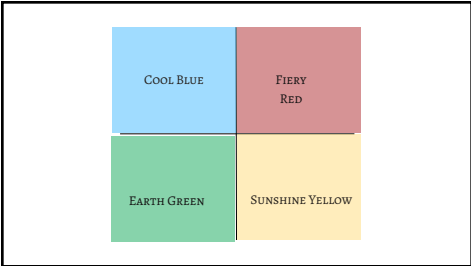
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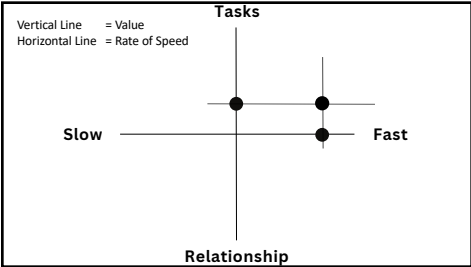
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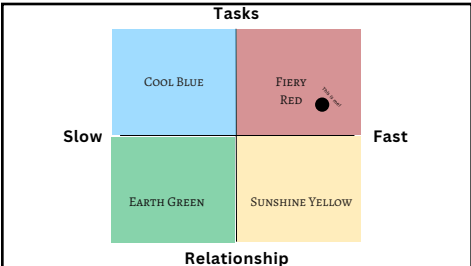
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<b>Good Day Qualities</b>	Cautious Precise Deliberate Questioning Formal	Competitive Demanding Determined Strong-willed Purposeful
	Caring Encouraging Sharing Relaxed Patient	Sociable Dynamic Demonstrative Enthusiastic Persuasive

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<b>Bad Day Qualities</b>	Stuffy Indecisive Suspicious Cold Reserved	Aggressive Controlling Driving Overbearing Intolerant
	Docile Bland Plodding Reliant Stubborn	Excitable Frantic Indiscreet Flamboyant Hasty

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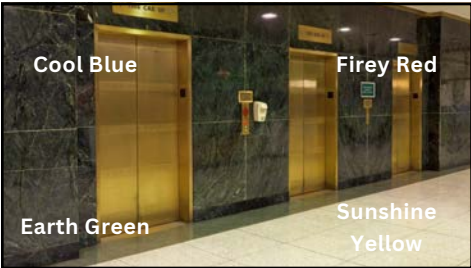
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Natural Stressors By Color	
<p><b>Blue</b></p> <ul style="list-style-type: none"> <li>• PEOPLE THAT DON'T CARE ABOUT THE DETAILS</li> <li>• DOING A JOB HALFWAY</li> <li>• WHEN PEOPLE ARE EMOTIONAL WITHOUT A REASON</li> <li>• WHEN PEOPLE ARE RUSHING ME</li> <li>• NOT HAVING A PLAN</li> <li>• FUTURE FOCUS WITHOUT DEALING WITH TODAY</li> </ul>	<p><b>Red</b></p> <ul style="list-style-type: none"> <li>• GOING TOO SLOW</li> <li>• WORRYING ABOUT PEOPLE'S FEELINGS</li> <li>• FOCUSING ON TOO MANY DETAILS</li> <li>• HAVING TO SLOW DOWN TO CONNECT WHEN THERE'S A RISK</li> <li>• NOT LETTING ME PUSH FORWARD</li> </ul>
<p><b>Green</b></p> <ul style="list-style-type: none"> <li>• TRYING TO RUSH ME</li> <li>• "DISREGARDING WHAT MATTERS?"</li> <li>• STEPPING OVER PEOPLE TO GET WHAT YOU NEED</li> <li>• LOOKING TOO FAR AHEAD</li> <li>• MISTRUST AND DISHONESTY</li> <li>• LACK OF LOYALTY</li> </ul>	<p><b>Yellow</b></p> <ul style="list-style-type: none"> <li>• GETTING MAD AT ME FOR MISSING DETAILS</li> <li>• NOT LETTING ME CONNECT WITH PEOPLE</li> <li>• NOT CONNECTING WITH ME</li> <li>• TELLING ME WHAT I DID WAS NOT IMPORTANT</li> <li>• DRIVING ME WITH TIME-LIMITED DETAILED TASKS</li> </ul>

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# ENVIRONMENTAL INTERFERENCE .

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# The Adverse Childhood Experiences Study

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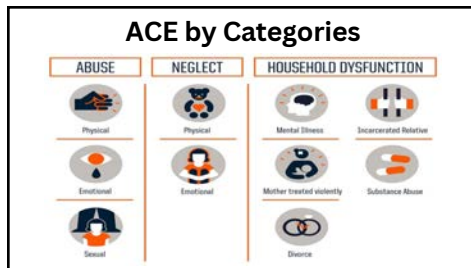
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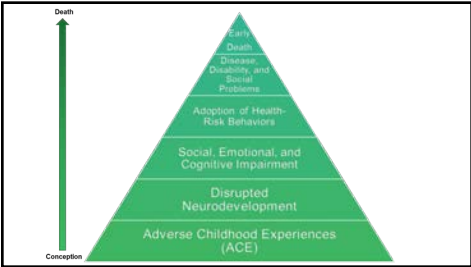
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**ACE Impact ~ 4 or More**

**250% increase of sexually transmitted disease, which increase with score**

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**ACE Impact ~ 4 or More**

**390% more likely to develop COPD**

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**ACE Impact ~ 4 or More**

460% more likely to suffer from *depression*

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**ACE Impact ~ 4 or More**

A male child with 6 ACEs has a **4,600%** increased risk of *adult IV drug use*.

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**ACE Impact ~ 4 or More**

**1,220%** increase in *suicide attempts*, with increased ACE scores that went up to a **3,000 – 5,100%** increase

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**HOW DOES STRESS AFFECT FARMERS?**

The suicide rate for farmers and ag workers is nearly **five times** higher than that of the general population.



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**Recognizing Stress**

Stress manifests physically as:

- tension headaches
- back pain
- indigestion
- heart palpitations

Stress manifests cognitively as:

- forgetfulness
- poor concentration
- indecisiveness
- irritability

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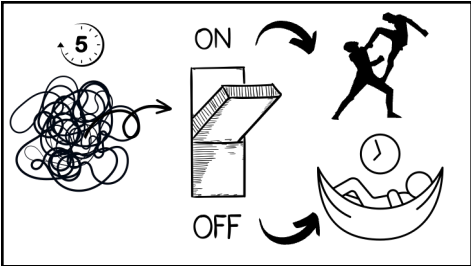
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**Let's Assess Your Stress**

In the past month have you...

- Had difficulty relaxing?
- Struggled to keep up with demands?
- Lost motivation due to feeling behind on projects?
- Felt distracted, irritated, short-tempered?
- Had difficulty falling or staying asleep?
- Used alcohol to help with relaxation or sleep?
- Worried about past, current, or future responsibilities?
- Have been sick or had difficulty recovering from illness?

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**Soothing the Vagus Nerve**

Exercise      Meditation      Deep Breathing      Relaxation Techniques, i.e. yoga, massage

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**Vagus Nerve Massage**

- Lay down on your back
- Cradle your head with your hands
- Without turning head, look to the right for 30 seconds, then the left



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Try gargling or humming

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**CALMING STRATEGIES**

relax | meditate | de-stress

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**CALMING STRATEGIES**

- 1** 5-4-3-2-1 Grounding Technique
- 2** Calming Thoughts
- 3** 5-4-3-2-1 Favourites

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**1** **5 4 3 2 1**  
Senses Grounding Technique

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**5**   
THINGS YOU CAN... **SEE**

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**4**



THINGS YOU CAN... **FEEL**

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**3**



THINGS YOU CAN... **HEAR**

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**2**



THINGS YOU CAN... **SMELL**

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**1**



THING YOU CAN... **TASTE**

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**2**

**Calming**

Thoughts

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Close your eyes...

Imagine the face or voice of someone you love, telling you that you are safe and well.



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**3** **5 4 3 2 1**  
Favourites

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**5**   
FAVORITE **PEOPLE**

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**4**   
FAVOURITE **FOODS**

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**3**  
FAVOURITE SONGS

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**2**  
FAVOURITE PLACES

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**1**  
FAVOURITE MOVIE

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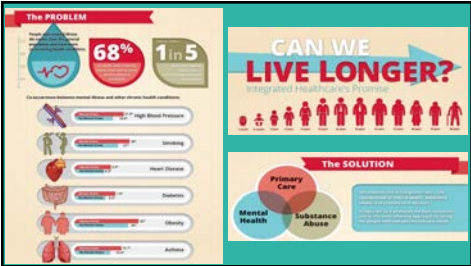
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**A CCBHC is:**  
A CERTIFIED BEHAVIORAL HEALTH CLINIC



**Behavioral Health**

- Counseling
- Care Coordinating
- In-Home Support
- Recovery Support Services
- Psychiatric Care

&

**Medical Health**

- Wellness Coaching
- Nurse Care Management
- Physical health
- Medical collaboration
- Medication support

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**HOW TO BEGIN THE JOURNEY**



**What happens when we engage?**

- Reduce Hospitalizations
- Decrease Health Risk Behaviors
- Improve Quality of Life
- Decrease the Number of Nights Homeless
- Lower Substance Use/Abuse Trends
- Improve the Wellbeing of the Whole Consumer

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**What to do when experiencing a mental health crisis.**

**Call or text 988**

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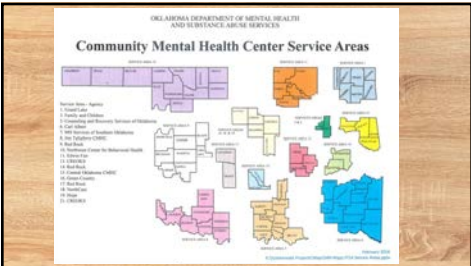
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