Today’s Program:
• Recognize what stress can look like in ourselves and others
• Understand how chronic stress affects us and learn coping strategies
• Learn tips for talking to someone experiencing distress
• Learn what to say if you feel someone is considering suicide
• Discover resources for help with all of the above
OUR STRESS
and communicating with those who are stressing

Susan Harris
Nebraska Extension Educator – Rural Health, Wellness, & Safety

Emily Freudenburg
Easterseals Nebraska Rural Rehabilitation Specialist
Stop the Spread of Germs

Help prevent the spread of respiratory viruses like 2019 novel coronavirus.

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Stay home when you are sick, except to get medical care.
- Avoid close contact with people who are sick.

For more information, visit cdc.gov/nCoV.
What does a realistic perfect day look like to you?

“My perfect day is...”
5 Pillars of Brain Health

1. Relax – rest/sleep
2. Move – activity/exercise
3. Nourish – eating/drinking
4. Discover – hobbies/learning
5. Connect – friends/people
The Agrarian Imperative:
“...impels farmers to hang onto their land at all costs....to work incredibly hard, to endure unusual pain and hardship, and to take uncommon risks.”
(Rosmann, 2010, p. 72).

“The land means everything...”
Farming and ranching are high-risk and stressful professions.

- Debt loads
- Interest rates and taxes
- Commodity prices
- Livestock illness
- Crop yield
- Working long hours
- Weather
- Disagreements with family members
- Health insurance and health care
Key to Reducing Stress:

Take care of YOU!
Wellness:
An evolving conscious and self-directed process through which we make choices toward a more successful, happy existence
Scientists have discovered a revolutionary new treatment that makes you live longer. It enhances your memory and makes you more creative. It makes you look more attractive. It keeps you slim and lowers food cravings. It protects you from cancer and dementia. It wards off colds and the flu. It lowers your risk of heart attacks and stroke, not to mention diabetes. You’ll even feel happier, less depressed, and less anxious.

It’s FREE! Are you interested?
Physical Health
Organ Function, Metabolism, Hormone Balance, Energy Level, Nerves, Muscle Quality, Immune System, Hormone Balance

Mental Health
Cognitive, Memory, Emotions, Ability to Learn

Safety
Coordination, Judgement, Executive Function
Figure 2. Prevalence of Short Sleep Duration (<7 hours) for Adults Aged ≥ 18 Years, by County, United States, 2014

Percent (%)
- 24.3 - 30.8
- 30.9 - 33.6
- 33.7 - 35.8
- 35.9 - 38.1
- 38.2 - 48.5

Classification: Quintiles

Data Sources: CDC. Behavioral Risk Factor Surveillance System 2014, Census 2010, ACS 2010-2014
15.84 hours = beginning of “executive dysfunction”

(Executive Function is a set of mental skills that help you get things done - cognitive, behavioral, and emotional)

18 hours = same as having a blood alcohol content of .05%

21 hours = .08 (legal level for intoxication in Nebraska)

24 hours = .10% (higher than the legal limit)
30 Sleep Tips and Tricks

go.unl.edu/sleeptips
Nutrition

EAT REAL FOOD, not processed
*variety, in moderation

HYDRATE!
Enjoy Activity

MOVE more and sit less

(Any amount of physical activity has some health benefits)
Work Smarter, Not Harder

Repetitive Tasks like opening and closing gates can lead to injuries

Many adaptations for paneled gates can be made from inexpensive to more expensive.
Lifting, Carrying, and Bending

Scissors Lift
Side by Side Utility Vehicle

Running Older Manual Chutes with levers above the head
* Hydraulic Chutes or Newer Chutes with Easy Catch
Transporting Calves

Tractor seating and Mirrors
Climbing onto and off of a tractor

Daily stretching brochure, available in .pdf or via mail

Shoulder Stretch
Bring arm across body at chest level. Keep chest up. Gently pull arm toward body with opposite arm until stretch is felt through shoulder. Hold.
STRESS
What is it?
Cortisol

This hormone affects many different functions in the body, helping to control blood sugar levels, regulate metabolism, reduce inflammation, help control blood pressure and help us rise to a challenge.

Too much cortisol for too long = physical problems.
Stress: A need or demand people confront, that is *perceived* as burdensome or threatening, and can lead to physical or mental health problems

<table>
<thead>
<tr>
<th>Physical</th>
<th>Emotional</th>
<th>Behavioral</th>
<th>Cognitive</th>
<th>Self-Esteem</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headaches / ulcers / backaches</td>
<td>Anxiety</td>
<td>Anger or acting out</td>
<td>Lack of concentration</td>
<td>Feeling like a failure</td>
</tr>
<tr>
<td>Poor posture</td>
<td>Sadness or depression</td>
<td>Passive-aggressive behavior</td>
<td>Memory loss</td>
<td>Can’t do anything right – hard on self</td>
</tr>
<tr>
<td>Overeating or not eating</td>
<td>Loss of spirit</td>
<td>Irritability</td>
<td>Difficulty with simple decisions</td>
<td>Not being able to fix things</td>
</tr>
<tr>
<td>Sleeping problems</td>
<td>Loss of sense of humor</td>
<td>Increased drinking or drug use</td>
<td>Constant worrying</td>
<td>Perception of physical image is negative</td>
</tr>
<tr>
<td>Frequent or recurring illness</td>
<td>Bitterness</td>
<td>Isolation</td>
<td>Uncontrollable, racing thoughts</td>
<td>Feeling powerless to control life</td>
</tr>
<tr>
<td>Exhaustion</td>
<td>Crying</td>
<td>Violence</td>
<td>Poor judgment</td>
<td>Lack of assertiveness</td>
</tr>
<tr>
<td>No longer doing physical activities once enjoyed</td>
<td>Non-tolerant of others</td>
<td>Clumsiness or breaking things</td>
<td>Perceiving things negatively</td>
<td>Loneliness from fear of socializing</td>
</tr>
</tbody>
</table>

Adapted from: colostate.edu
Be kind to others. You just never know what someone is going through.
Seasonal Affective Disorder (SAD) or “Nebraska winter blues” is a genuine type of depression that can sap energy and create moodiness during cold winter months. Symptoms of SAD can include irritability, feeling sluggish, sleeping issues, weight gain, appetite changes, and general anxiety or depression.
Compassion Fatigue is a state experienced by those helping people or animals in distress; it is an extreme state of tension and preoccupation with the suffering of those being helped to the degree that it can create a secondary traumatic stress for the helper.

Dr. Charles Figley, Tulane University
Two Ways of Reacting to Stress:

Frontal Lobe = Logical

Amygdala = Emotional
Focus on What You Can Control

Attitudes:
- Identify sources of stress you cannot change.
- Shift your focus from worrying to problem solving.
- Focus on what you achieve rather than what wasn’t accomplished.
- Set realistic daily goals.

Responses:
- Positive self-talk and find someone to talk to or seek help if needed.
- Make these your priorities: time in bed, activity, and water/food intake.
- Build gaps into your day to take breaks; Balance work and play.
- Be assertive enough to say “No” rather than “Yes” to everything.
Coping with Stress

- Sleep, Activity, Nutrition
- Deep Breathing (Box Breathing or exhaling longer)
- Self-Talk
- Meditating
- Connect with People in your Social Network, Avoiding Negative People
- Talk to a Mental Health Professional
- Take Time for Yourself – Hobbies
- Spend Time with People and Pets You Love
- Shift from Worrying to Problem Solving
- Get Organized, De-clutter your Space, Plan Ahead
- GIVE your time or favors to community members
Positive Thinking:
Look at it as a bucket half foal.
Signs of Chronic Stress

Isolation from public; no socializing
Loss of interest in things they used to enjoy
Trouble making decisions; forgetfulness
Negative thinking/talking; loss of sense of humor
Increased drinking or drug use
No desire to exercise, poor hygiene
Health issues
Approaching Someone Who Has Chronic Stress

Do you have empathy or sympathy???

Brene Brown Video
https://www.youtube.com/watch?v=1Evwgu369Jw
Listening – How do you do it?

The 5 Levels of Listening
1. Ignoring
2. Pretending
3. Selective
4. Attentive
5. Emphatic

- LISTEN with the intent to understand
- Discuss only facts and impacts without judgment or blame
- Use a comforting tone of voice
- Play an active role in helping them come up with solutions

5 Levels of Listening – Steven Covey
FOLLOW UP, even if you did not mention that you would!
Suicide is the 10th leading cause of death in Nebraska.

Suicide is the 4th leading cause of death in 35-54 year old Nebraskans.

Suicide is the 2nd leading cause of death in 15-34 year old Nebraskans.

American Foundation for Suicide Prevention
Suicide Warning Signs

Talking or writing about suicide or death
Alcohol or drug misuse
Giving away prized possessions
Isolation from others
Feeling like a burden or hopeless and trapped
Making a plan and acquiring means
Saying goodbyes or apologies
Loss of interest
Mood change
Two Things to Remember:

Choose your words wisely

1. “Are you having thoughts of suicide?”

and if they say yes...

2. Do not leave this person alone!

(KEVIN HINES STORY)
National Suicide Prevention Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-273-8255

Three-Digit Number for Suicide Prevention
Recently, the FCC recommended that 988 be designated as a national crisis hotline. Please continue to share 800-273-TALK (8255) and our chat page with anyone wishing to connect to the Lifeline. 988 is NOT CURRENTLY ACTIVE and will not connect callers to the Lifeline.
Nebraska Rural Response Hotline
800.464.0258
No-cost vouchers and information on confidential issues for those affected by a rural crisis are available.
Nebraska Local Outreach to Suicide Survivors (LOSS) teams

Central Nebraska/Kearney LOSS Team
(308) 217-0359

Chadron LOSS Team
(308) 225-3861

COMING SOON
Grand Island/Heartland Area LOSS Team

Southwest Nebraska LOSS Team
(308) 221-0143

COMING SOON
Panhelbok LOSS Team

Norfolk Area LOSS Team
(402) 750-8148

Columbus Area LOSS TEAM
(402) 360-5004

Four Corners LOSS Team
(402) 710-2161

Lincoln/Lancaster County LOSS Team
(402) 440-1633

Omaha Metro Area LOSS Team
(402) 891-6911

Blue River LOSS Team
(402) 806-5351

https://www.youtube.com/watch?v=e8rcM0brUME&feature=youtu.be
Why Negotiations?

The Negotiations Program uses mediation as an effective means to resolve agricultural disputes. The mediation process maintains confidentiality, fosters positive relationships, allows you a voice in the solution, and is cost effective.

Negotiations Informational Brochure

New phone number:

402-471-4876

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Hot Topics

UNL Workshops - Landlord/Tenant Cash Rent

Monthly clinics and workshops
Department of Health and Human Services

System of Care Regions

Caleb Davis – Region 3  
cdavis@region3.net

Matt Nykodym – Region 4  
mnykodym@region4bhs.org

Theresa Henning – Region 5  
thenning@region5systems.net

Miles Glasgow – Region 6  
mglasgow@regionsix.com

Visit Nebraska Strong Recovery Project on Facebook
Extension Resources

You're not alone! Nebraska Extension cares.

You're not alone! Nebraska Extension cares.

Staying Connected During Tough Times

RESOURCES FOR NEBRASKA FARMERS, RANCHERS, AND THEIR FAMILIES

We hope you reach out if you are feeling stressed.

- **Rural Response Hotline**: The hotline offers access to many attorneys, financial advisors, professional counselors, mediators, clergy, and others. There are 167 behavioral health professionals working with the Rural Response Hotline. Ask about no-cost vouchers for counseling services.
  
  800-484-0258

  M-F 8:00 AM - 5:00 PM

- **National Suicide Prevention Lifeline**: A national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

  Crisis Text Line: Free, 24/7 support for those in crisis, connecting people in crisis to trained Crisis Counselors.

  text GO to 741741

- **Veterans Crisis Line**: Connect with this resource to reach caring, qualified responders within the Department of Veterans Affairs. Many of them are Veterans themselves.

  800-273-8255, Press 1

  or text to 838255

- **Negotiations Program**: Mediation services for agricultural borrowers, creditors, and USDA program participants. Free one-on-one education on agricultural financial and legal matters.

  402-471-4876

- **The Boys Town National Hotline**: Not just for boys. For all teens and their parents, this hotline is available 24 hours a day, 365 days a year, with specially trained counselors. A TDD line is available (1-800-448-1833), allowing counselors to communicate with speech-impaired and deaf callers.

  800-448-3000

- **SAMHSA National Helpline**: Free, confidential, 24/7, 365-day-a-year treatment referral in English and Spanish for individuals and families experiencing issues with alcohol, prescription drug, or other substance abuse.

  800-662-HELP (4357)

- **Nebraska LOSS (Local Outreach to Suicide Survivors) Teams**: Trained professionals acting as volunteers, bringing immediate support to those who have lost a loved one to a completed suicide. Visit NELOSSteam.nebraska.edu for a map with phone numbers of LOSS teams across the state.

YOU ARE NOT ALONE. We care about you!
Nebraska Extension Ag Economic Educators

Robert Tigner in Southwest
Jessica Groskopf in Northwest
Austin Duerfeldt in Southeast
Jim Jansen in Northeast

find contact information at: extention.unl.edu
Your perfect day...

Choose one thing you are capable of doing today that starts a path toward that perfect day.

Take care of yourself and start the conversation about mental wellness.
YOU ARE NOT ALONE.
WE CARE ABOUT YOU!
Please click on the evaluation link in the chat box and complete it.
Thank you!

https://ssp.qualtrics.com/jfe/form/SV_4196kHmt6kHHtzv
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