

Views from VanDeWalle

Brandy VanDeWalle, Extension Educator in Fillmore/Clay Counties

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Keeping stress levels in check on the farm webinar

The holidays are a wonderful time of year. It's a time of year to reflect on the many blessings in our life and reconnect with family members. It can also be a time of year to trigger many stressors and create anxiety for those dealing with added stress. For that reason, my colleague, Glennis and I have decided to provide a webinar for anyone in agriculture dealing with some extra stress this holiday season.

Farmers and ranchers have many stressors in their lives. Weather challenges and disasters like many Nebraskans have recently experienced have led to uncertainty in their crop and livestock operations. Machinery breakdowns, debt loads, volatile markets, sleep deprivation, changing regulations, and the stress of holding onto a multi-generational farm/ranch all play a part of the stress and mental health of a farmer or rancher. Farmers and ranchers know the importance of planning and talking about their financial health to bankers, financial planners, spouses, etc. but might not realize how important it is to spend time on their mental health.

A free webinar will be offered December 17 via the web for farm and ranch families. The webinar will take place over the noon hour (12:30 p.m. CST) and can be accessed at go.unl.edu/stresswebinar. "Keeping stress levels in check" will be presented by Nebraska Extension Educators Glennis McClure and Brandy VanDeWalle starting at 12:30 p.m. (CST). This free webinar is available for farm and ranch families to participate and will provide strategies for dealing with the stress of farming or ranching in today's difficult economic environment.

Participants will learn: How to recognize the signs and symptoms of stress; understand the role stress plays in our lives; and strategies and resources to manage stress.

For more information, contact Brandy VanDeWalle at brandy.vandewalle@unl.edu or (402)759-3712.

A separate workshop available to agribusiness professionals and service providers working with farmers and ranchers titled, *Communicating with Farmers Under Stress* can also be taught face-to-face. For more information on this workshop contact Glennis McClure at gmcclure3@unl.edu or (402) 472-0661.

Don't forget about Farm Bill Programs

- Beatrice - Gage County Fairgrounds 4-H Building – **December 17**, 9 AM-12 NOON
- Geneva – Fillmore County Fairgrounds Ag Hall – **December 18**, 9 AM-12 NOON

There are resources available online that can educate producers in their ARC/PLC decision-making process. Links to these resources are available from FSA at www.fsa.usda.gov/ne under the Spotlights section or from Extension at farmbill.unl.edu.