

## Views from VanDeWalle

Brandy VanDeWalle, Extension Educator in Fillmore/Clay Counties

*November 4, 2020*

### Wellness in Tough Times Chat Café

The Wellness in Tough Times Chat Café features an anonymous group of phone conversations that offer a safe time to share what's on your mind and connect with other Nebraskans who are facing similar challenges. Therapists from the University of Nebraska–Lincoln's Department of Child, Youth and Family Studies will be on the line to help callers work through issues connected to natural disaster recovery and gain skills to improve lives. You may ask questions or just listen. Everyone is welcome!

Mark your calendars to join our Wellness in Tough Times Chat Café for the following discussion topics: Follow the prompts and enter Meeting ID 979 232 622 59#.

- Finances: A Balancing Act Nov. 05 | 12 - 1 p.m. CST
- Successfully Resolving Conflict Nov. 12 | 12 - 1 p.m. CST
- Raising Healthy Children Nov. 19 | 12 - 1 p.m. CST
- Strengthening Your Couple Relationship Dec. 03 | 12 - 1 p.m. CST
- The Scope of Grandparenting Today Dec. 10 | 12 - 1 p.m. CST

For more information on the Wellness in Tough Times Team and resources similar to these programs, go to Nebraska Extension's, [ruralwellness.unl.edu](http://ruralwellness.unl.edu).

### Communicating with Farmers Under Stress Program

Stress seems to be prevalent in the agriculture sector, with even more concerns arising due to the COVID-19 pandemic. Many farmers and ranchers are facing financial problems and market uncertainties, along with challenges such as production risks, farm transfer issues, and more. When temporary stress turns into chronic stress, it can impact physical health and mental wellness.

Nebraska Extension, in partnership with Michigan State University Extension, presents a free online webinar, "Communicating with Farmers Under Stress", Tuesday, November 10, 2020 from 10:30 a.m. to noon, CST. This workshop is beneficial for individuals who work with farmers and ranchers on a regular basis, such as bank lenders, ag suppliers, healthcare professionals, and anyone involved with the lives of farmers and ranchers.

Workshop Objectives include:

- \* Build awareness around potentially stressful conditions affecting some farmers and ranchers.
- \* Learn stress triggers, identify signs of stress, and review helpful techniques for responding.
- \* Learn techniques for identifying, approaching, and working with farmers who may not cope with stress effectively.
- \* Learn where to find additional help.

In addition to being helpful for working with farmers and ranchers, the workshop educates participants about managing stress in their own lives and teaches how stressors can affect physical health and relationships with family or coworkers. Register for the free online workshop at: [go.unl.edu/stress2020](http://go.unl.edu/stress2020). For more information, contact Nebraska Extension Educators Glennis McClure, [gmccclure3@unl.edu](mailto:gmccclure3@unl.edu) or Susan Harris, [susan.harris@unl.edu](mailto:susan.harris@unl.edu).

If you or your employees would like this program taught locally, feel free to contact me at [brandy.vandewalle@unl.edu](mailto:brandy.vandewalle@unl.edu) as I am also a certified trainer for the program.