



 HIGH HEELS & CANOLA FIELDS

# PLANTING SEEDS OF HOPE

Presentation by Lesley Kelly

# HI I'M LESLEY

FARMER, COFOUNDER AND PEER SUPPORTER

I'm passionate about supporting mental health in agriculture and co-founded the Do More Agriculture Foundation to help our community flourish.

My background in farming and communications enables me to connect with our community and address the unique challenges and opportunities we face. I'm committed to fostering open conversations and enhancing resilience within our industry.



# Agenda

---

- Part A - Mental health in agriculture
  - Where we are and what our industry is facing when it comes to mental health and stress in agriculture
- Part B - Mental health and illness awareness
  - We'll walk through the differences between mental health, mental illness, stress and uncover some myths
- Part C - Planting Seeds of Hope
  - Strategies and tips to help each other and ourselves
  - Recognize behaviour changes and warning signs
  - How to engage and support
- Part D - Supporting within your means
- Part E - Self Care & Resources

# Session Goals:

---

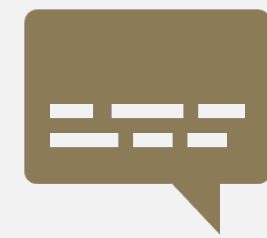
- 1) Reduce Stigma:** Foster open conversations about mental health in agriculture.
- 2) Support Yourself:** Learn self-care strategies to manage stress and prioritize well-being.
- 3) Help Others:** Recognize warning signs and offer meaningful support within your capacity.

**Healthy farmers = Healthy farm = Healthy communities and industry**

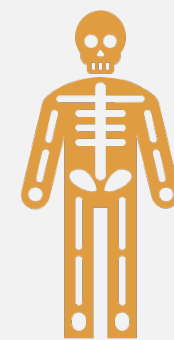
# Invitation to Participate



If you are not comfortable asking verbally



Text me at 306-550-6135



Chat with me one on one

# Mental Health touches us all

---

- Do you know someone who has faced a mental health challenge?
- Have you ever been unsure about how to help someone struggling with their mental health?
- Have you ever felt like you couldn't talk or share about mental health?
- Has suicide impacted you, your family, or someone close to you?

# Why is mental health important in agriculture and on the farm?

---

- Health
- Sustainability and Growth
- Safety
- Labour Attraction and Retention
- Productivity
- Positive Culture
- Successful operation/business



# MENTAL HEALTH IN AGRICULTURE





# STATISTICS

**35%**

of respondents meet the definition for depression classification

**58%**

of respondents meet the definition for anxiety classification

**75%**

of respondents have mid to high stress levels

**4x**

more likely to use firearms to die by suicide than the general population

**Women**

are more likely to report high stress due to finances, workload, industry unpredictability, family conflict and farm transition

**Young farmers**

show signs of higher stress and are generally less effective at coping with stress

---

One of four farmers reported their life was not worth living, wished they were dead or had thought of taking their own life during the past 12 months.

Healthy Minds Healthy Farms: Farm Management Canada Study 2020

Dr. Andria Jones-Bitton with The University of Guelph: National Survey of Farmer Mental Health

# Stressors

---

## Farmers/Farming

- Weather
- Markets
- Finances
- Government policy/regulations
- Animal and crop care
- Physical work, exhaustion
- Isolation
- Family dynamics
- Employees/labour
- Negative public perception
- Pressure

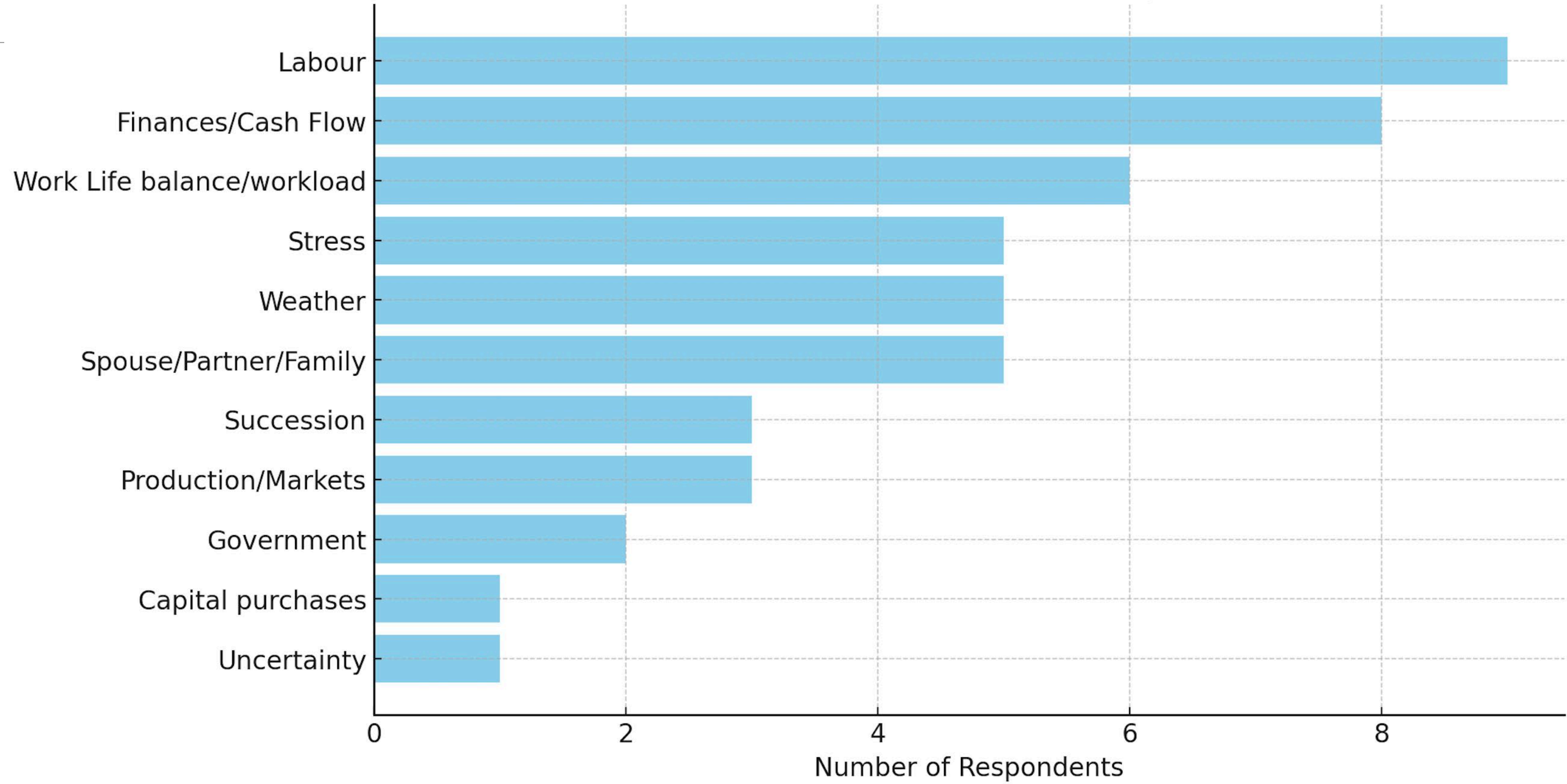
- Succession planning
- Limited access to help
- Family/work/life balance

## Society

- Critical life events
- Developmental changes
- Everyday hassles



## Stressors for the Group



# MY FAMILY AND I'S STORY

WHY I ADVOCATE FOR MENTAL HEALTH

*Lesley Kelly*







# WHY I SHARE

# Rate these ailments from least severe to most severe

---

- Depression
- Influenza
- Type 1 Diabetes
- Cancer
- Miscarriage
- Social phobia
- Bipolar
- Blindness



# Part A: Mental Health Awareness

---



# What is Mental Health?

---

LOVE  
RANCHER LEARN  
KINDNESS FARMER  
GRATITUDE CARE HOPE  
**AGRICULTURE MENTAL HEALTH MATTERS**  
LIVE GROW LEARN FARMER STRENGTH  
KINDNESS RANCHER COURAGE GIVE  
CONNECT EMPATHY HELP  
GROWER KINDNESS  
COMPASSION  
CARE

---

Mental health and mental illness are the same thing.

True/False

---

Mental health and mental illness are the same thing.

**False**

---

According to the World Health Organization (WHO), mental health is a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.

---

Mental Illness refers to a wide range of mental health conditions/ disorders that affect your mood, thinking and behaviour.

---

Mental Health is a choice. You can choose to have it or not have it.

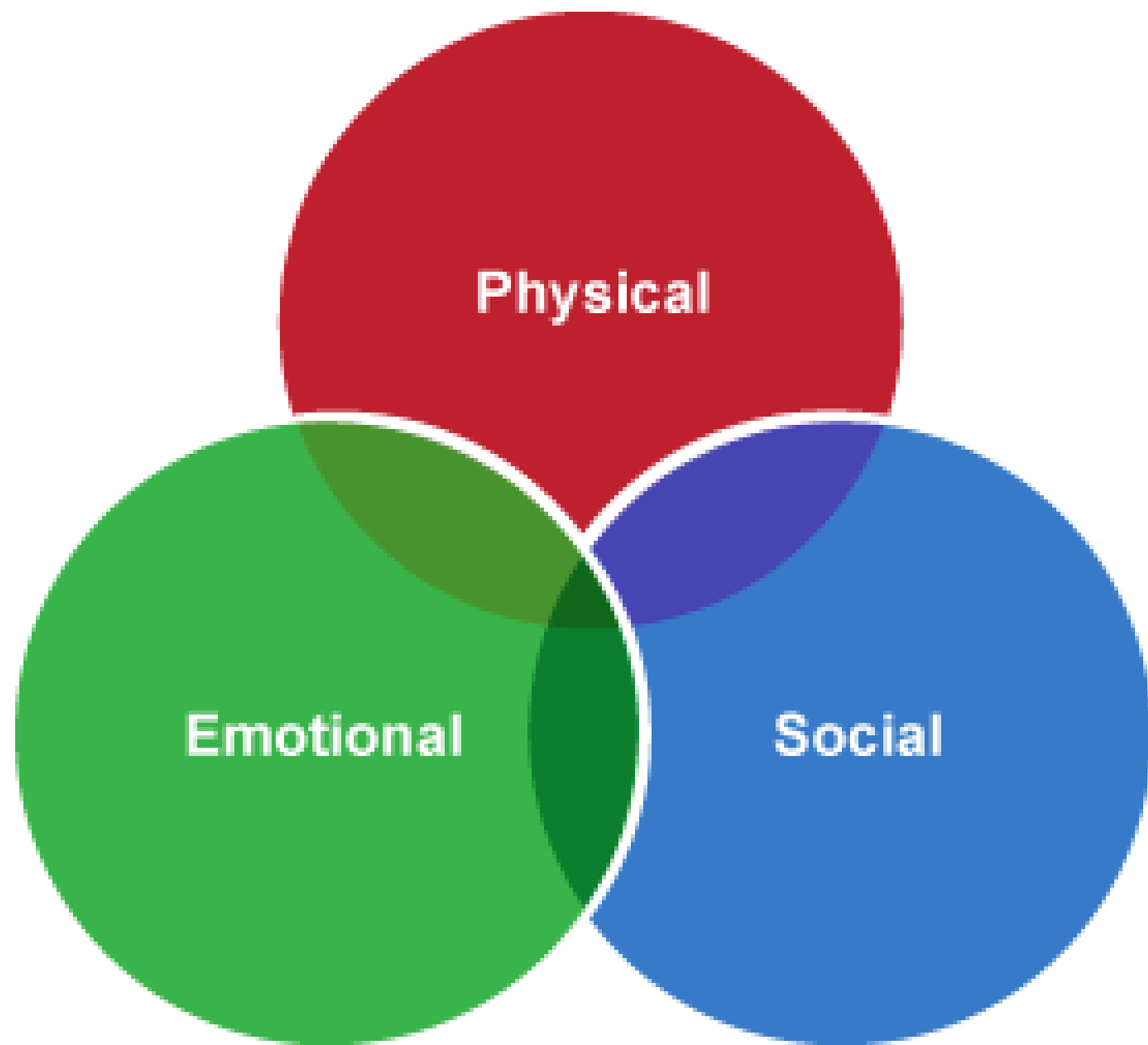
True/False

---

Mental Health is a choice. You can choose to have it or not have it.

**False**





---

You can have a mental illness and have good mental health.

True/False

---

You can have a mental illness and have good mental health.

**True**

---

You can always see signs and symptoms of someone living with a mental illness or having a mental health challenge.

True/False

---




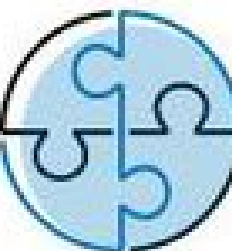
You can always see signs and symptoms of someone living with a mental illness or having a mental health challenge.

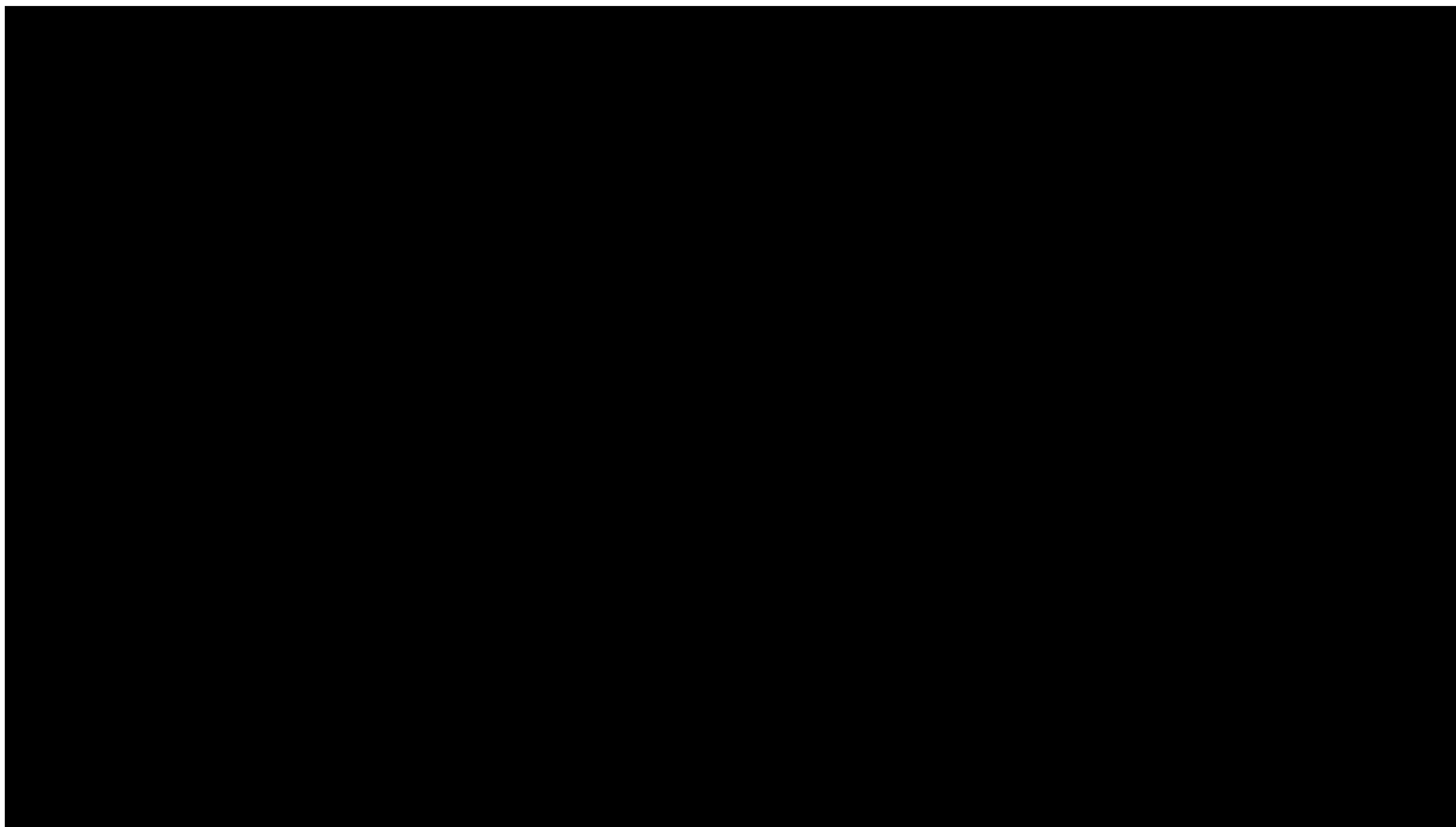
**False**

# My dashboard

By Dr. Georges Sabongui © 2018

Balance is extremely important when dealing with stress. When you look at your internal dashboard, do you see all green lights? Are there any red lights tipping you toward overload and stress? Let's all take care of ourselves so we can continue to do what we enjoy most.

	Green Healthy   Optimal	Yellow Reacting   Stress	Orange Injured   Burnout	Red Illness   Depression   Mental illness
 <p>Physical</p>	<p>Good sleep</p> <p>Good appetite, want to eat healthy</p> <p>Want to take care of physical health</p> <p>Rarely or never sick</p>	<p>Mild insomnia</p> <p>Tired</p> <p>Attracted to junk food often</p> <p>Unmotivated to exercise</p> <p>Trouble relaxing without a drink</p>	<p>Moderate insomnia</p> <p>Exhausted</p> <p>Binge eating</p> <p>Drinking too much alcohol or using drugs to relax</p> <p>Various aches and pains</p>	<p>Constantly sleeping or periods of no sleep at all</p> <p>Constant aching in body</p> <p>Immune compromised: always sick</p> <p>Trouble getting off the couch or getting out of bed</p> <p>Only moments of relief come from excessive drinking or drugs, or over-the-counter medication</p>
 <p>Mental</p>	<p>Mentally clear</p> <p>Focused</p> <p>Good concentration</p> <p>Creative problem-solving</p> <p>Sees solutions</p>	<p>Easily distracted</p> <p>Excessive worry</p> <p>Procrastination</p> <p>Avoidance</p> <p>Sees obstacles</p>	<p>Chronically preoccupied</p> <p>Inability to concentrate</p> <p>Impaired decision-making</p> <p>Memory loss</p> <p>Constant focus on problems</p> <p>Always negative</p>	<p>Impaired judgment</p> <p>Paralyzed decision-making</p> <p>*Suicidal thoughts or actions</p> <p><i>*If you're having suicidal thoughts, seek help immediately and call 911.</i></p>
 <p>Emotional</p>	<p>Motivated</p> <p>Excited</p> <p>Good social network</p>	<p>Irritability</p> <p>Loss of sense of humour</p> <p>Discouraged</p> <p>Impulsive</p> <p>Seeing people is a chore</p>	<p>Anger</p> <p>Anxiety</p> <p>Low mood</p> <p>Overwhelmed</p> <p>Avoiding social situations</p>	<p>Apathy</p> <p>Hopelessness or helplessness</p> <p>Out of control: explosive-implosive, holding it all in</p> <p>Feeling like a burden</p> <p>Isolating yourself from friends, family, and your community</p>
 <p>Strategies</p>	<p>Self care: physical, mental and emotional</p> <p>Serotonin boost</p> <p>Take a work break or vacation</p>	<p>Reaching out to friends and family</p> <p>Doing something to relax</p> <p>Seeing your family doctor</p>	<p>Peer support, assistance programs, mental health first aid</p>	<p>Professional or clinical support: doctor, psychologist</p>



# Stress: It Is Not Mental Illness

---

- Is characterized by over or under engagement
- The person's emotions are over reactive
- It gives one a feeling of urgency and hyperactivity
- It leads to loss of energy
- Chronic stress can lead to anxiety disorders
- Its primary damage is physical



# Burnout: Mental Stress

---

- It is characterized by disengagement
- The person's emotions are blunted (detached, numb)
- It gives one a feeling of helplessness and hopelessness
- It makes one lose motivation, ideals, and hope
- It leads to detachment and can lead to depression

# Stress - What is the difference between stress, worry and burnout?

---

	<b>Stress</b>	<b>Worry</b>	<b>Burnout</b>
<b>Definition</b>	Body's response to external pressures or challenges.	Cognitive process of focusing on potential problems.	Emotional, physical, and mental exhaustion from prolonged stress.
<b>Causes</b>	Deadlines, work overload, financial difficulties, etc.	Fear of the unknown or uncontrollable events.	Chronic workplace stress, lack of support, overwhelming responsibilities.
<b>Symptoms</b>	Physical: Increased heart rate, muscle tension, fatigue. Emotional: Irritability, anxiety, difficulty concentrating.	Mental: Overthinking, inability to relax, difficulty sleeping. Emotional: Feeling apprehensive or uneasy.	Emotional: Detachment, cynicism, helplessness. Physical: Chronic fatigue, weakened immune system. Behavioral: Decreased productivity, withdrawal from responsibilities.
<b>Key Point</b>	Often linked to specific triggers and can be managed.	Mental process, future-oriented, can lead to stress.	Develops over time, characterized by depletion.

# Understanding Mental Illness

---

- Mood Disorders
- Anxiety Disorders
- Substance-Related Disorders
- Psychotic Disorders



# Mood Disorders: What are they?

---

- Everyone experiences losses, setbacks or tragedies that lead to a normal experience of grief and sadness.
- Mood disorder – feel their mood and emotions are not under their control. Left untreated could have many consequences

# Mood Disorders: Depression

---

- Changes in appetite or weight
- Sleep problems (either insomnia or excessive sleep)
- Fatigue
- Agitation
- Feelings of worthlessness
- Difficulty concentrating, making decisions
- Recurrent thoughts of suicide or death

# Mood Disorders: Bipolar

---

- Extreme Mood Swings between Depression and Mania
- Depression – same symptoms
- Mania – elevated mood, grandiose ideas, rapid speech, lack of insight, increased energy

# Mood Disorders: Suicidal Ideation

---

- Expressing negative self comments
- Expressing intent to die by suicide
- Telling final wishes to someone
- Giving away prized possessions
- Loss of interest in friends, hobbies, etc.
- Repeated expressions of hopelessness, helplessness or desperation
- Expressions:
  - Killing themselves
  - Feeling hopeless
  - Having no reason to live
  - Being a burden to others
  - Feeling trapped
  - Unbearable pain

# Suicide in rural Canada/US

---

- According to the [National Rural Health Association](#), farmers' suicide rate is 3.5x greater than that observed in the broader population
- 11th leading cause of death in the US
- The rate of suicide is highest in middle-aged white men
- Farmers are 4 times more likely to use firearms to die by suicide than the general population



# Risk Factors and Barriers

---

- Lack of access to mental health providers
- Stigma
- Instability of work (demands, hours, unpredictable)
- Access to lethal means
- Isolation
- Advanced age
- Higher rates of chronic medical conditions
- Finance/economic/weather stress
- Farming identity

# Assessing Suicide Risk

---

A: Assess the Risk of Suicide or Harm

G: Give Reassurance and Information

E: Encourage the person to get  
professional help

S: Supports



# Question/Persuade/Refer (QPR)

---

- Listen a little differently
- Ask the hard questions
- How you ask can make a difference
- Put TIME and DISTANCE between thoughts and actions
- Share concern - too serious to take on yourself

# Myths about suicide

---

## **#1) Talking about suicide or asking someone if they feel suicidal will encourage suicide attempts**

Fact: Talking about suicide provides the opportunity for communication.

Fears shared are more likely to diminish.

The first step in encouraging a person with thoughts of suicide to live comes from talking about those feelings

A simple inquiry about whether or not the person is intending to end their life can start the conversation

## **#2) Suicide attempts or deaths happen without warning**

Fact: The survivors of a suicide often say that the intention was hidden from them. It could also be that the intention was just not recognized.

## **#3) All people with thoughts of suicide are depressed**

Fact: While depression is a contributory factor in most suicides, it need not be present for a person to attempt or die by suicide. It is unlikely those who do not have the predisposing conditions (for example, depression, anxiety, bipolar disorder, schizophrenia, substance abuse, feeling of rejection, rage, emotional pain and anger) will die by suicide.

# Myths about suicide

---

## **#4) Suicide can't be prevented**

Fact: Suicide can be preventable yet it is also unpredictable. Most people who contemplate suicide, often experience intense emotional pain, hopelessness and have a negative view of life or their futures. Suicide is a product of genes, mental health illnesses and environmental risk factors.

## **#5) People who take their own lives are selfish, cowards or weak**

Fact: People do not die of suicide by choice. Often, people who die of suicide experience significant emotional pain and find it difficult to consider different views or see a way out of their situation. Even though the reasons behind suicide are quite complex, frequently suicide is associated with a predisposed condition.

## **#6) Barriers to bridges, safe firearm storage and other actions to reduce access to lethal methods of suicide don't work**

Fact: Limiting access to lethal means, such as firearms, is one of the simplest strategies to decrease the chances of suicide. Many suicide attempts are a result of impulsive decisions. Therefore, separating someone from a lethal means could provide a person some time to think before doing harm to themselves.

# Anxiety Disorders

---

- Generalized Anxiety Disorder
- Panic Attacks
- Obsessive Compulsive



# Anxiety Disorders - Generalized Anxiety Disorder

---

Physical	Psychological
Cardiovascular (chest pain, rapid HR)	Excessive inappropriate worry
Respiratory (hyperventilation)	Decreased attention/concentration
Neurological (dizziness, headache, vertigo)	Fear, trepidation, sense of danger
Gastrointestinal (nausea, vomiting, diarrhea)	Sleep Disturbance
Musculoskeletal (muscle ache, tension)	On edge, emotional

# Anxiety Disorders - Panic Attack

---

4+ Symptoms, 10+ Minutes	Intense Fear, inappropriate to situation
Palpitations, pounding heart	Detachment or feeling of unreality
Sweating	Dizzy, unsteady, faint, light headed
Trembling/shaking	Fear of losing control or dying
Chest pain	Chills or hot flashes
Nausea or abdominal distress	Numbness, tingling



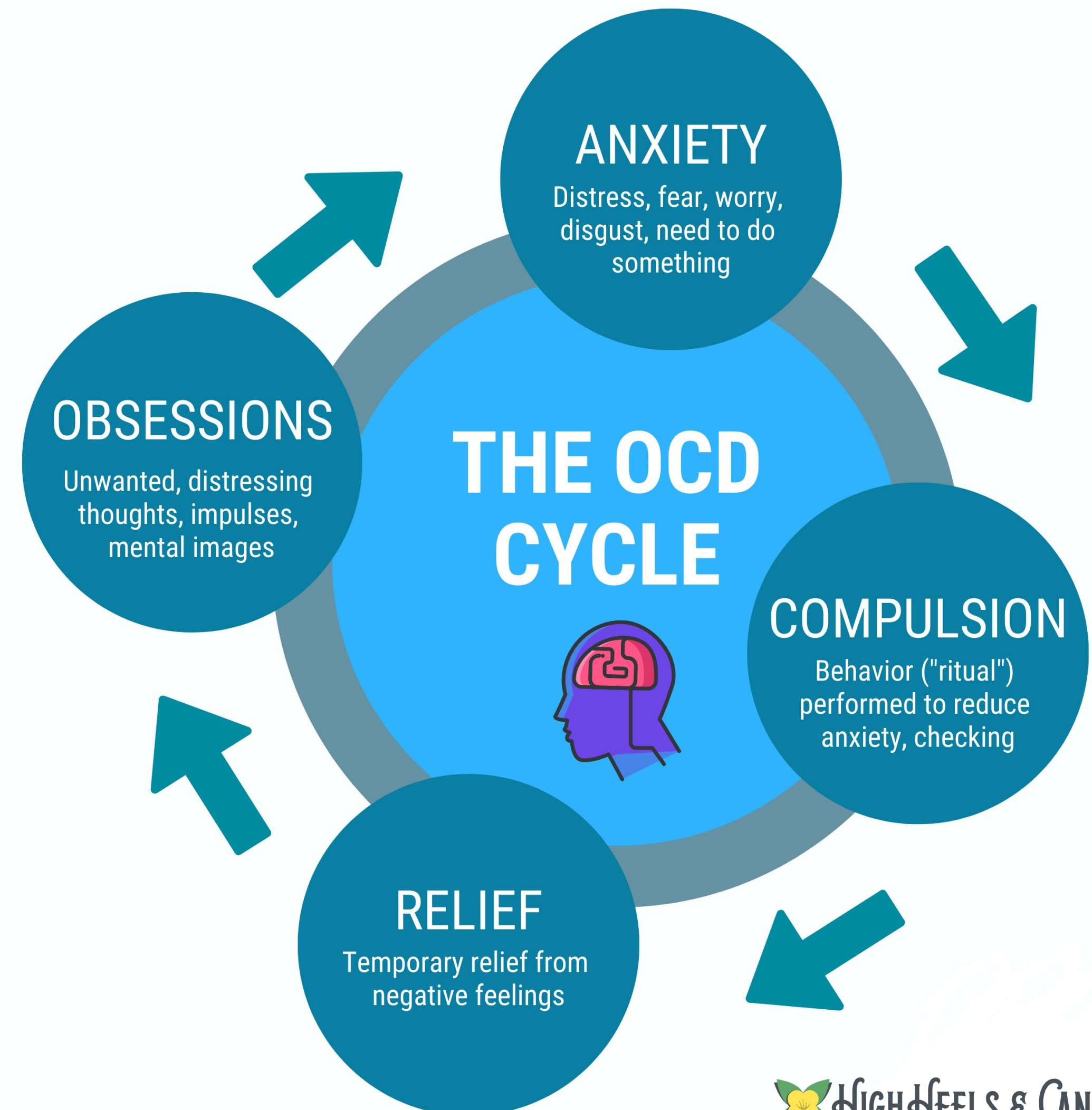
# Anxiety Disorders - Panic Attack vs Anxiety Attack

---

Panic Attack	Anxiety Attack
An intense and sudden fear, terror or discomfort accompanied by several other mental and physical symptoms. Usually occur out of the blue without an obvious trigger	Anxiety generally intensifies over a period of time and is highly correlated with a situation/circumstance. If the anticipation builds up and stress reaches a high level where it becomes overwhelming, it may feel like an “attack”
Comes on suddenly and extreme	Gradually builds over time
Symptoms usually peak within 10 minutes then start to subside	May be persistent and very long lasting - days, weeks or even months
Usually does not have one clear identifiable trigger	Generally has specific triggers and/or clear situations that it’s caused by
Nausea or abdominal distress	Numbness, tingling

# Anxiety Disorders: Obsessive Compulsive Disorder

- Obsessions - Recurrent thoughts, impulses or images that intrude into consciousness and the person cannot get rid of them
- Compulsions - repetitive behaviour or mental acts



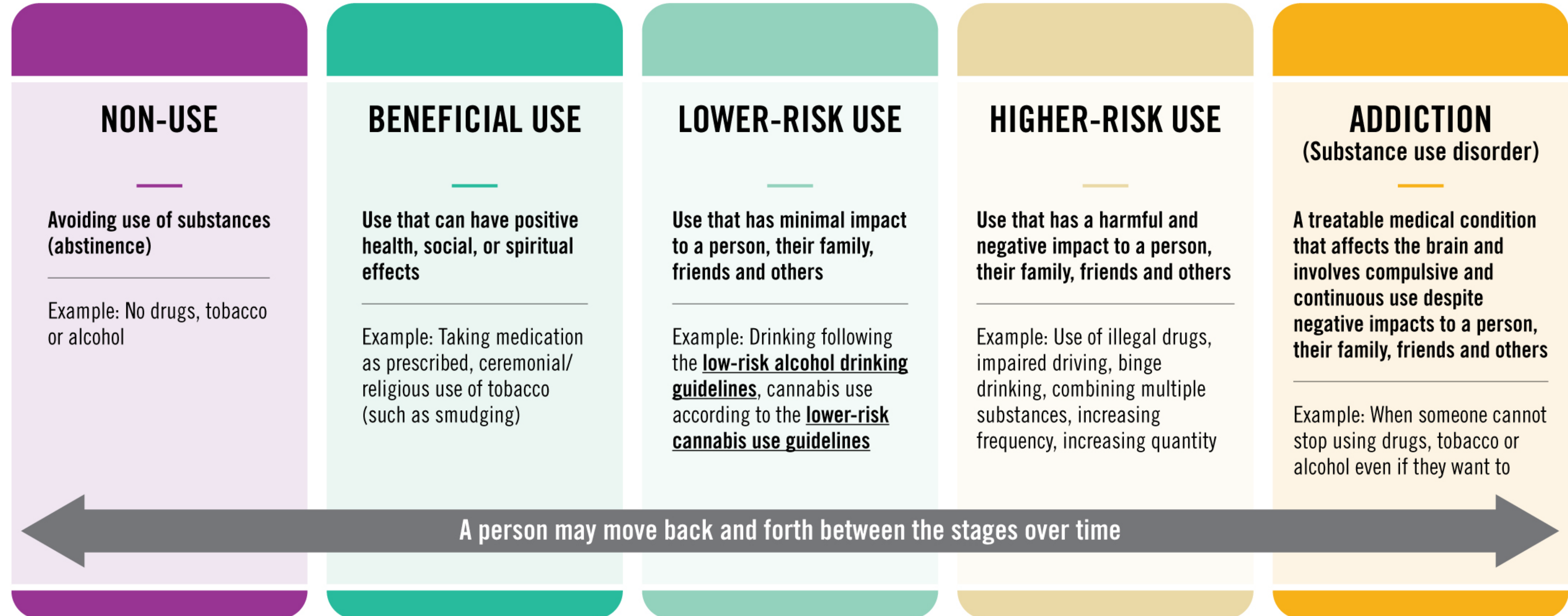
# Anxiety Disorders: Post Traumatic Stress Disorder

---

- Re-experiencing the trauma
- Feeling of uneasiness
- Avoidance behavior
- Emotional numbing
- Reduced interest in the outside world
- Persistent increased arousal (watchfulness, jumpiness, irritability, outbursts, insomnia)

# Substance Related Disorders

- Drop in performance
- Sudden mood swings
- Sudden change in habits



# Substance Related Disorders

---

## Agriculture Risk Factors for Substance Use:

- High Stress
- Boredom/Repetitive Tasks
- Isolation/Remote
- Long Hours
- Shift Work

# Part C: Planting Seeds of Hope

---

- Recognize behaviour changes and warning signs
- Strategies and tips to help each other and ourselves
- How to engage and support



I'd been in the army for, I think at that time, about 3 years,

<https://www.youtube.com/watch?v=8u14bJ4QcA4>

# Recognize the Warning Signs

---

- Intense
- Long lasting
- Negatively affecting responsibilities



- Physical – headaches, chest pain, beating heart, grinding/clenching teeth, fatigue
- Emotional - difficulty controlling emotions, increased irritability or angry blow-ups, frustration, impatient
- Mental - change in diet and sleeping habits, lack of concentration, forgetfulness, procrastination, withdrawing from others and activities, trouble adapting to changing situations

# How to engage and support a person with a potential mental health issue

---



# Support and Mental Health

---

- Stick to the facts
- Prepare yourself
- Be prepared for reaction
- Listen with the intent to understand
- Know the resources





# The Conversation...

- Say what you see
- Show you care
- Listen to understand/interest
- Support within your means

# Say What You See

---

- How are you holding up? Is everything okay?
- Would you like to talk about it? Want to go for a drive or walk?
- I can tell this is a big deal to you. How can I help?
- You've seemed really down lately? Is there anything you'd like to talk about?
- I've noticed you've been coming to the farm/office late the last few days. Is everything okay?
- It's been a busy week on the farm. I've been thinking about you. Can we go out for lunch/coffee tomorrow?
- How are you doing? How are you really doing?

# Show You Care

---



# Supportive Statements

---

- I'm happy to listen if you want to talk
- That sounds really difficult
- I'm sorry you're going through this
- You have the right to be upset
- I'm proud of you
- I believe you
- What I admire about you in this moment is...
- How can I help?
- What can I do to support you right now?



# Listen





# Listening with Interest

---

- Listen with ears, eyes, mind and heart
- Strike a balance between listening, asking questions and sharing experiences
- Be curious
- Rephrase, summarize and ask for clarity
- Don't need to have, know the answers or even give advice
- Help that person feel hope and that they are not alone
- Listen to understand vs reply



# Relationships

---

- Repair attempts
  - Express appreciation
  - Apologize
  - Find compromises, agreements
  - Humour
  - Ask for direction
  - Take responsibility
  - Make commitments
- Conflict will happen – dialogue is key
- Build culture of appreciation, respect, shared vision



# Culture principles

---

- We value each other's opinions. We listen for contributions and commitment.
- We respect each other's feelings, opinions and ideas. Every member provides value to the team.
- We hold ourselves and each other accountable for our impact on business results and our impact on people. We value not just what results are achieved – but how they are achieved.
- We are committed to the success of the business and each other.
- We acknowledge others often and celebrate both small and large successes
- We have fun! We create positive dynamics through our thinking, interactions with each other, our team and business partners



# Case Study...

---

- 
- Erin discloses to you that finances are extremely tight, she and her husband are fighting, and things have never been so bad.
  - What are your thoughts and actions?



- 
- Jeff has been posting negative comments on Facebook for a few weeks.
  - You call to check in on him and he says he's had enough of one difficult harvest after another, and he has to go.
  - You call Jeff back the next day, and there's no answer.
  - What are your thoughts and actions?

# What happens when the conversation takes a turn?

---

- Courageous conversations: Sometimes even with the best of intentions and planning, these can be tough and upsetting conversations
- It may be uncomfortable and awkward - that's okay
- Reactions - Try not to take it personally
- Power in the pause
- Let them know you are there when they need



# Part D: Supporting within your means

---







# Support Within Our Means



How close we are to the person who is disclosing



Understanding availability in crisis



Redirecting to appropriate resources



Setting Healthy Boundaries

“

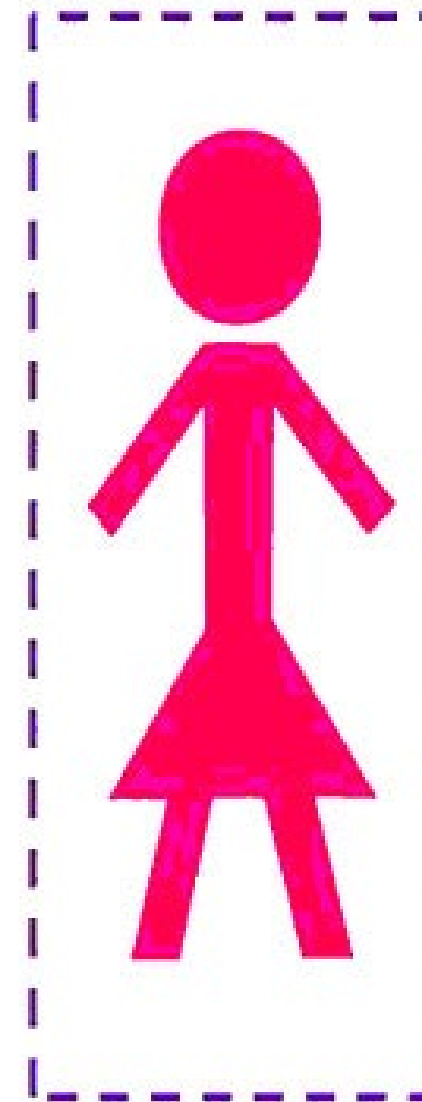
Daring to set boundaries  
is about having the  
courage to love ourselves  
even when we risk  
disappointing others.

BRENÉ BROWN

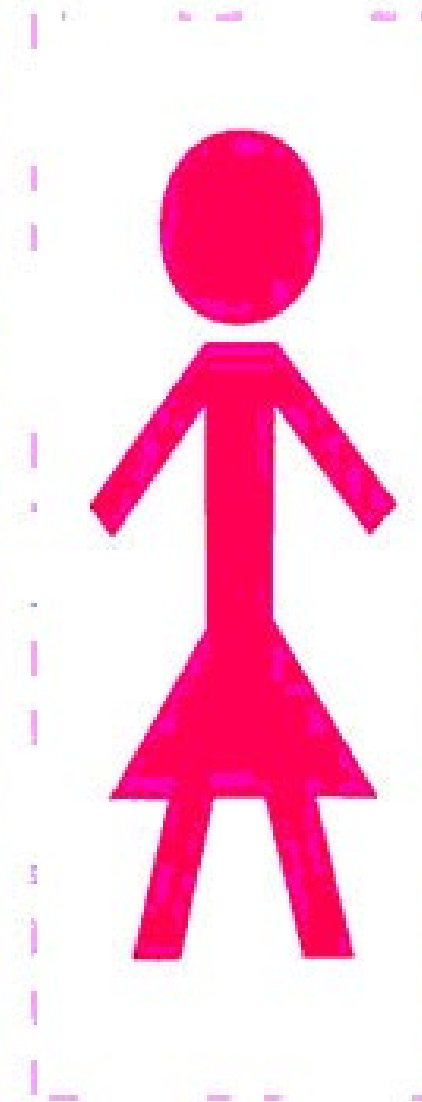
GRACIOUSQUOTES.COM

### What sort of Personal Boundary do you have?

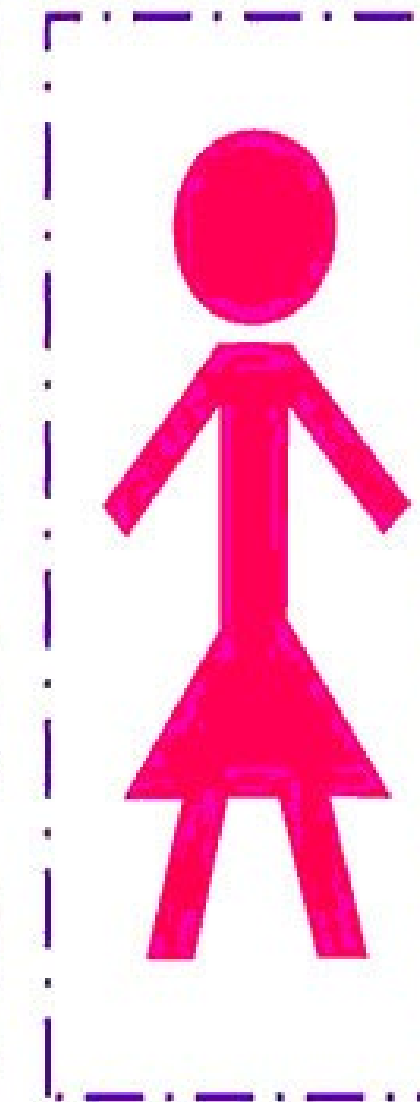
Healthy  
Boundaries



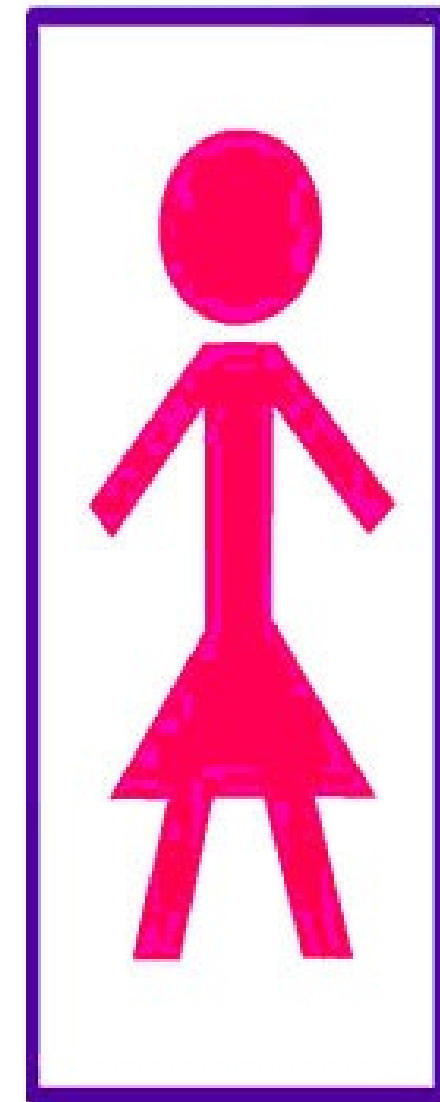
Limited  
non-existent



Loose or  
porous



Rigid  
"A wall"



# Where Can I Set a Boundary?

- Personal space
- Emotions and thoughts
- Your belongings or possessions
- Time and energy
- Culture, religion, politics, and ethics

# Provide Support

---

- Emotional support
  - Most important support involving empathy, understanding, encouragement and reassurance
- Practical support
  - Tasks, advice, problem solving, providing more information, resources
- Check in depending on their preference/method of communication
- Create boundaries and practice self care
- Stress rating exercise



# Part E: Self Care



# Invitation to Participate

---



If you would like to participate, you can also....



Text me at 306-550-6135



Reach out one on one

# Self Care

---



YouTube: Paul Rugg's Froynlaven

# Self Care or Fill Up Your Slip Tank

- Self care is the practice of taking action to preserve or improve one's own health and well being.
- Involves intentional activities, habits and a mindset



# Importance of self care

---

- **Promotes well being:** Enhances overall health and happiness
- **Reduces stress:** Helps manage stress and prevent burnout
- **Boosts Resilience:** Strengthens your ability to cope with challenges
- **Improves relationships:** Enables you to be more present and supportive of others
- **Fosters Growth:** Encourages personal and professional development

# Self Care

---

- **Consistency over intensity:** Small, regular acts of self-care are more effective than sporadic large gestures.
- **Self-Care Isn't Always Easy or Glamorous:** It often involves doing hard things, like setting boundaries, facing uncomfortable emotions, or making difficult decisions for your long-term well-being.
- **Personalization:** Self-care is not one-size-fits-all.
- **Self compassion:** Self-care should not feel like a chore; it's about giving yourself what you need without judgment.



It doesn't need to be  
overwhelming or all consuming

Can change as you grow or your  
life changes

Can change with the seasons

What happens when a self care  
strategy no longer works

# THE 5 AREAS OF SELF-CARE



## PHYSICAL

- Get enough sleep
- Exercise
- Eat regular and healthy foods



## EMOTIONAL

- Take time to pause
- Practice positive self-talk
- Find joy in small things – laugh and smile



## SOCIAL

- Call, text with friends and family
- Practice healthy social media habits
- Develop a strong support group



## SPIRITUAL

- Spend time in nature
- Meditate
- Practice regular acts of kindness



## PSYCHOLOGICAL

- Be creative
- Continuous learning
- Practice mindfulness



# Self Care Assessment

Category	Statement	1	2	3	4	5
Physical Self-Care	I exercise regularly.					
	I eat a balanced and nutritious diet.					
	I get enough sleep each night.					
Emotional Self-Care	I practice mindfulness or meditation.					
	I journal my thoughts and feelings.					
	I talk to someone when I need emotional support.					
Mental Self-Care	I read books or engage in activities that stimulate my mind.					
	I take breaks and rest when needed.					
	I learn new skills or hobbies.					
Social Self-Care	I spend quality time with family and friends.					
	I participate in social activities or groups.					
	I set and maintain healthy boundaries in my relationships.					
Spiritual Self-Care	I engage in practices that connect me to my inner self.					
	I spend time in nature or other calming environments.					
	I reflect on my values and beliefs regularly.					

# Reflection

---

- 1) What self care activities have you found most beneficial?
- 2) What activities have had the most positive impact on your well being?
- 3) What areas of self care do you struggle with the most? Why?
- 4) What areas do you find it a struggle to maintain self care practices?
- 5) What changes can you make to enhance your self care routine?

Assessment tool - [Hayareyouok.ca](http://Hayareyouok.ca)

# Life assessment

---

- Reflecting on your lifestyle can help you understand your behaviours, patterns and habits.
- Use the worksheet to identify aspects in your life, relationships and more.
- Consider whether your lifestyle is balanced, what changed you'd like to make and what you're most proud of.
- Life assessment and wheel of life exercise

# Physical self care

---

- Exercise - walking, running, stretch, cycle, hike
- Healthy, balanced eating
- Drinking water/staying hydrated
- Sleep hygiene - regular sleep routine and schedule, physical sleeping environment
- Relaxation techniques - Deep breathing, box breathing

# Emotional self care

---

- Activities that help you connect with and nurture emotions
- Help you manage your feelings, and provide emotional support.
- Being aware and expressing emotions
- Building healthy relationships
- Self compassion
- Setting boundaries
- Forgiveness
- Creative expression
- Emotional check-ins
- Affirmations
- Talking to a therapist
- Gratitude practice
- Unplugging from tech

# Emotional awareness

---

- Emotions are complex reactions that involve mind and body.
- While certain emotions can bring us joy and contentment, while others may cause discomfort and unease, each emotion plays a crucial role in our lives. Therefore, there are no emotions that are inherently "good" or "bad."
- Happiness, sadness, fear, anger, disgust, surprise
- Feelings wheel exercise



# Self compassion/self talk

---

- Self talk can be positive or negative and significantly influences our emotions and behaviors.
- By transforming our self-talk, we can improve our mental well-being and overall outlook on life.
- Positive Self-Talk: Encouraging and supportive thoughts that boost our confidence and well-being.
- Negative Self-Talk: Critical, discouraging thoughts that undermine our confidence and well-being.
- Write down one positive affirmation:

# Self compassion/self talk

---

- All or nothing: If I don't grow this many bushels, I am a complete failure
- Overgeneralization: We didn't turn a profit this year, I'll never be a successful farmer.
- Mental Filter (only negative aspects): My Father or Boss praised my effort but mentioned I missed "this." I must be terrible at it.
- Disqualifying positive: They only complimented me because they feel sorry for me.
- Jumping to conclusions: He didn't wave to me. He must be mad at me or not like me
- Magnification or minimization: Drill was plugged so I missed this row, this will ruin our entire crop
- Emotional reasoning: I feel worthless so I must be
- Labelling and mislead: I am such an idiot for making that mistake



---

What am I thinking right now?

How does this thought make  
me feel?

Is this thought helping me or  
hurting me?

How can I change this thought to be more helpful or realistic?

# Gratitude reflection

---

- What is one thing that happened today that you are grateful for?
- Who is someone you appreciate and why?
- What is a personal strength or quality you are thankful for?
- Describe a moment this week that made you smile?

# Social self care

---

- Emotional, practical, informational, companionship support
- Spending time with loved ones
- Joining groups or clubs
- Volunteering
- Attending social events
- Calling or texting friends
- Setting boundaries
- Reaching out for support
- Celebrating achievements

# Dinner party/values exercise

---

- Imagine your Ideal Dinner Party
- Guests: Who is at your dinner party?
- Location/Setting: Where is the dinner party taking place?
- Food and Drink: What's on the menu?
- Conversations: What are you talking about at this dinner party?
- Atmosphere: What's the overall feeling or vibe of the party? Is it warm and intimate, or lively and full of energy?

# Spiritual self care

---

- Activities that nurture your spirit and help you find meaning and purpose.
- Meditation
- Prayer
- Nature walks
- Creative expression
- Gratitude journaling
- Attending services
- Connect with a spiritual mentor

# Mindfulness

---

# Mindfulness

---



# Baggage Claim

---





# Meditation prompts

---

- Reflect on 3 things you are grateful for today
- Remind yourself that it's okay to make mistakes and learn from them
- Think of a time you felt proud of yourself and relive that moment
- Offer yourself kindness and understanding you would offer a friend
- Imagine a peaceful place where you feel safe and let go of negative emotions
- Visualize your future self and the qualities you want to develop
- Reflect on your purpose and what brings meaning to your life
- Offer a silent prayer or affirmation for peace and well being

# Mental/Psychological self care

---

- Activities that promote **mental clarity, cognitive well-being, and psychological health**. It involves activities that challenge and nurture your brain, helping you to think more clearly, manage stress, and build resilience.
- Mindfulness and meditation
- Learning and mental stimulation
- Journalling and reflective writing
- Setting and achieving goals
- Creative activities
- Talking to a therapist/mental health professional

# Growth Mindset

---

A growth mindset is like tending a garden. By nurturing positive thoughts and perspectives, we can help our mindset bloom and grow. We plant seeds of positivity and cultivate them with care. It's having a long term vision/focus.

<b>Instead of</b>	<b>Say</b>
I give up	I'll try a different strategy.
This is too hard.	This may take some time and effort.
I made a mistake.	Mistakes help me learn
I'm just not talented	I can develop my skills



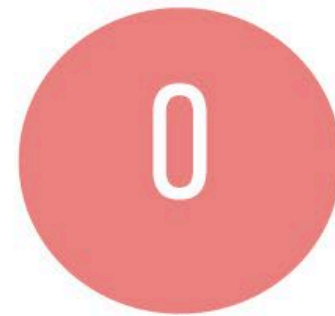
### ***Goal-Oriented***

- Set Clear Goals: Establish specific, achievable goals.
- Action Steps: Break down goals into manageable steps.



### ***Resilience***

- Embrace Challenges: View challenges as opportunities.
- Persistence: Keep trying despite obstacles.



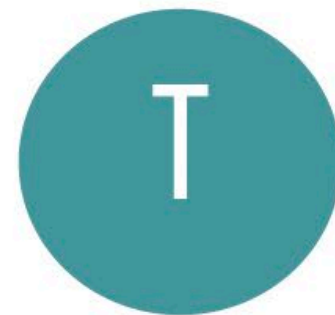
### ***Open-Minded***

- Welcome Feedback: Be open to constructive criticism.
- Adaptability: Stay flexible and adjust your approach.



### ***Willingness to Learn***

- Lifelong Learning: Commit to continuous education.
- Curiosity: Stay eager to explore new ideas.



### ***Tenacity***

- Effort: Recognize the importance of hard work.
- Determination: Stay focused and determined on your goals.



### ***Humility***

- Acknowledge Mistakes: Learn from your errors.
- Learn from Others: Be willing to learn from others' experiences.

# Redefine success

---

Focusing solely on financial outcomes can make us often overlook the real victories that shape our journey. The truth is, success in agriculture isn't always determined by the final line on the financial report.

- 1. We Showed Up—Even on the Hard Days**
- 2. We Asked for Help When Needed**
- 3. We Made Time for Meaningful Conversations**
- 4. We Took Time to Rest**
- 5. We Celebrated Small Wins**
- 7. We Practiced Grace with Ourselves**

“If you want to be successful, it isn’t about how much land you have or the type of equipment you drive. It’s about how we work together and how we take care of each other and ourselves.”

~ Garnet Martin (my dad)



When asked to share advice:

"Always think of one, two,  
or three positive things out  
of a negative situation and  
you will move forward very  
fast."

**GARNET MARTIN**

Image  
courtesy of  
Patti Durand

# Self care on the farm

---

- Creating a mission and vision for the farm: It's the guiding star, purpose, and strategy of the business
- Developing culture principles: It involves and creates open communication, mutual respect, shared goals, and a commitment to growth and development
- Prioritizing and setting meetings: Regular farm meetings strengthen communication





# Self care on the farm

---

- Create ways to talk/practice mental health, wellness:
  - An understanding of your mental wellness. Check out different trackers to gauge how you and others are doing.
  - Identifying your triggers and major stressors that challenge your ability to maintain your mental health.
  - A daily routine of mental wellness activities to create balance for your health. ie: Morning stretch, journaling, etc
  - A list of coping strategies that help you cope with stress you may face.
  - A list of support you can reach out to when you need some help.



# Self care on the farm

---

- Establish a network/team of support through family, friends, areas of expertise and those in and outside of agriculture
  - Business partners - accountants, lawyers, farm financial advisors, agronomists, marketing advisors, etc
  - On-farm help, employees, delegate
  - Incorporating other supports that are needed, depending on the seasons of farming:
    - Breaks/rest
    - Volunteering/service clubs
    - Community social events



# Recognizing your skills

---

- What am I good at?
- What skills and knowledge have I gained?
- When have I felt most successful?
- What challenges have I overcome?

# Self reflection

---

- What keeps me grounded?
- Who gives me comfort?
- Where do I feel the safest?
- When am I at my best?

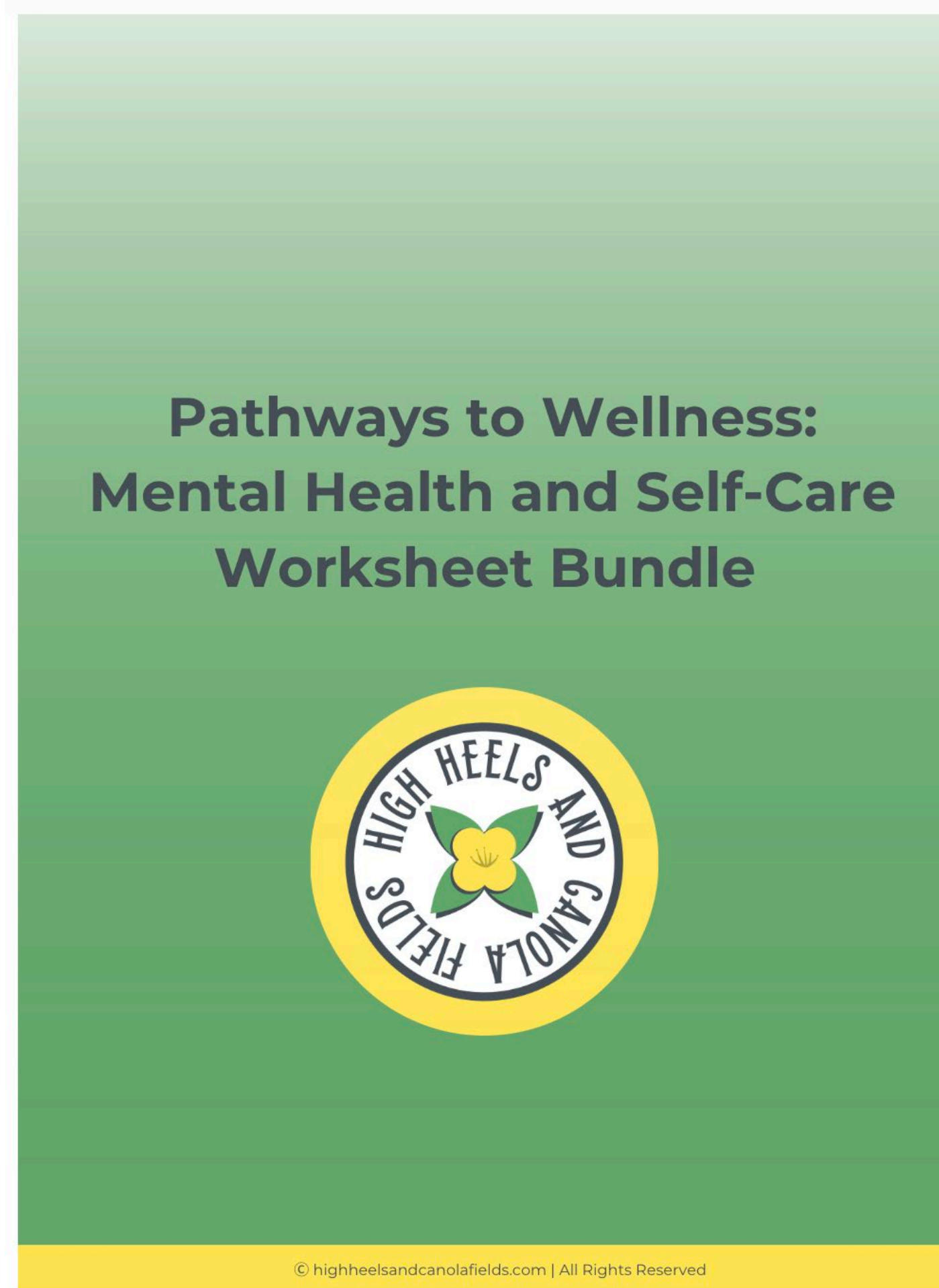
# Reflection Questions

---

- Where am I on the wellness assessment? (My dashboard - FCC)
- What actually matters to me? (Wheel exercise)
- What are my life/farm goals and values? (Values exercise)
- Where am I slipping at the moment? What is causing me stress? (Stress exercise)
- What healthy routines and habits will I do in 2025? (Self care reflection)
- What small win can I achieve to make a big impact in my life and/or someone that I care about? (Self care reflection)

# Mental health and self care worksheet bundle

---



# Session Goals:

---

- 1) Reduce Stigma:** Foster open conversations about mental health in agriculture.
- 2) Support Yourself:** Learn self-care strategies to manage stress and prioritize well-being.
- 3) Help Others:** Recognize warning signs and offer meaningful support within your capacity.

**Healthy farmers = Healthy farm = Healthy communities and industry**

# Canadian Resources

---

- Do More Ag: [domore.ag](http://domore.ag)
- Talk, Ask, Listen workshop: [domore.ag/events](http://domore.ag/events)
- AgTalk: [domore.ag/agtalk](http://domore.ag/agtalk)
- Rural Mental Wellness Toolkit: [ruralmentalwellness.com](http://ruralmentalwellness.com)
- Ontario and Manitoba Farmer Wellness Program
- Alberta Farm Mental Health Network: [agknow.ca](http://agknow.ca)
- Saskatchewan Farm Stress Line: 1-800-667-4442
- Farm Credit Canada: [fcc-fac.ca/en/community/wellness](http://fcc-fac.ca/en/community/wellness)
- Peer Support Canada: [peersupportcanada.ca/](http://peersupportcanada.ca/)



# US Resources

---

- Farm State of Mind: [fb.org/initiative/farm-state-of-mind](https://fb.org/initiative/farm-state-of-mind)
- Rural Minds: [ruralminds.org](https://ruralminds.org)
- National Association for Rural Mental Health: [narmh.org](https://narmh.org)
- Man Therapy: [mantherapy.org](https://mantherapy.org)
- Farm Response: [agrisafe.org/courses/farm-response](https://agrisafe.org/courses/farm-response)
- Western Regional Agriculture Stress Assistance Program (WRASAP): [farmstress.us](https://farmstress.us)
- Farm Aid Hotline: 1-800-Farmaid
- Minnesota Farm & Rural Helpline: 1-800-600-2670
- NY FarmNet: [nyfarmnet.org](https://nyfarmnet.org)
- Extensions

# Other Resources

---

- Am Well, Good Therapy, Tela Doc, Talk Space, Alma
- Mental Health First Aid: [mentalhealthfirstaid.org](https://www.mentalhealthfirstaid.org)
- Applied Suicide Intervention Skills Training (ASIST): [livingworks.net](https://www.livingworks.net)
- Alcoholics Anonymous – [aa.org](https://www.aa.org)
- Mental Health Line: 988
- Kids Help Line: 1-800-668-6868
- Better Help, iBreathe and Calm App
- SOS feature: What 3 words

**YOU ARE ALWAYS  
STRONGER THAN  
YOU KNOW**



# CONTACT ME!

HERE TO HELP YOU!

- @ @highheelsandcanolafields
- ✉ lesley@highheelsandcanolafields.com
- 🌐 highheelsandcanolafields.com
- ☎ 306-550-6135
- 📍 Box 776, Watrous, SK S0K 4T0

