

Photo: Tamara Harding



# Running on All Cylinders

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We'll be talking about some tough topics today,  
so please take a break if you need to.

If you're in crisis or need to talk, call:

**Colorado Crisis Hotline**  
**1.844.493.8255(TALK)**  
**or Text "TALK" to 38255**



# What Makes Farmers & Ranchers Unique?

## Spectrum of Farmers | Ranchers | Agricultural workers

Michigan State University Extension, Communicating With Farmers Under Stress, Copyright 2019.



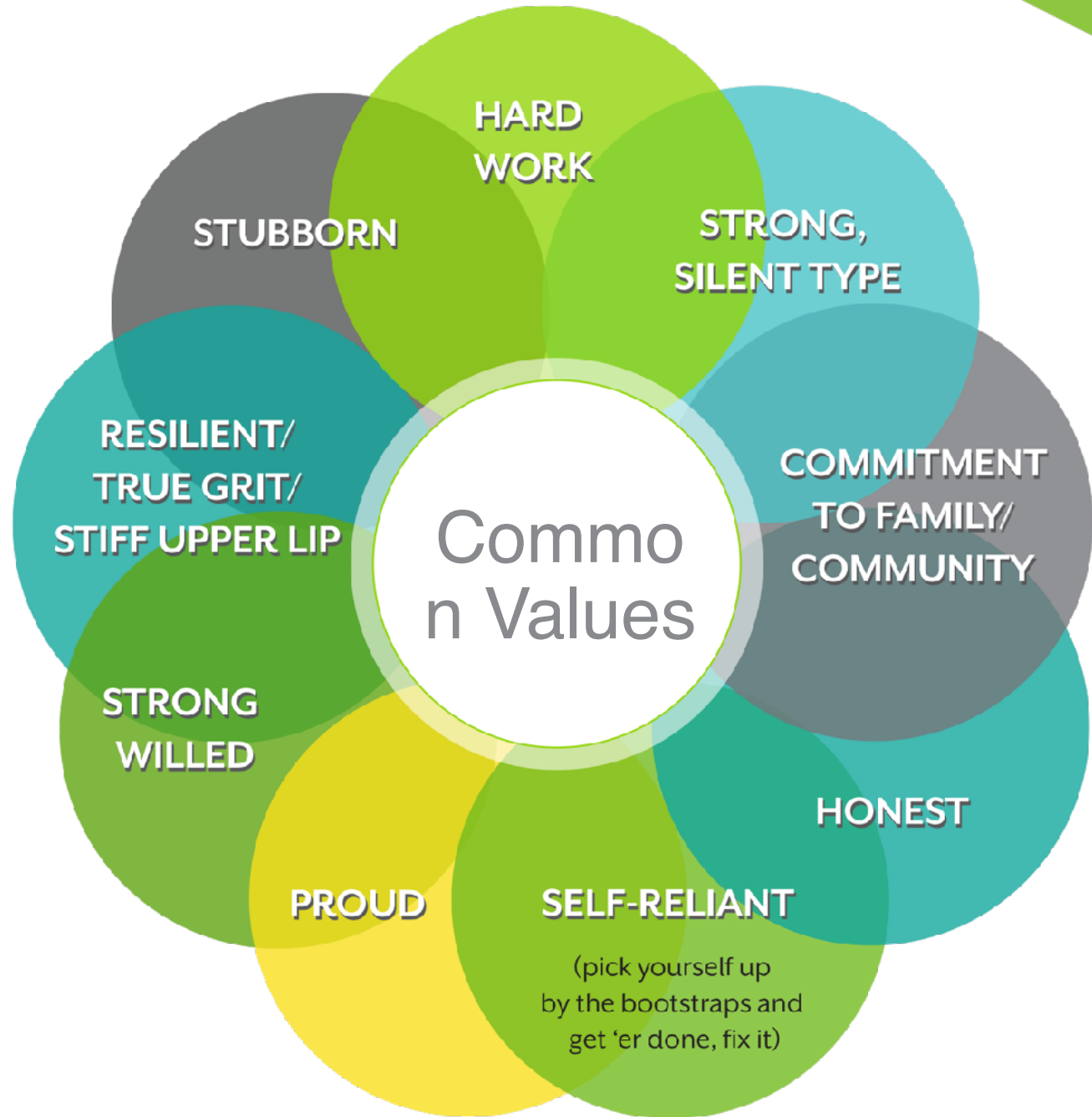
Photo: Joseph Tointon



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## What Makes Farmers & Ranchers





# What Are Stressors for Farmers, Ranchers, Agricultural Workers & Their Families?



# Stressors for Farmers & Ranchers

- Government Regulations
- Commodity Prices
- Weather/Climate Change
- Machinery Breakdown
- Large Debt Loads
- Crop Pests
- Livestock Illness
- Family Disagreements





# Prolonged Stress: Signs & Symptoms

## **SIGNS & SYMPTOMS:**

- Overwhelm/Increased Anxiety
- Repetitive Behavior
- Negative Self-Talk
- Not being able to fix things

## **IMPACTS**

- Daily routine changes
- Livestock care declines
- Illness & accidents increase
- Farm/ranch appearance declines
- Children show signs of stress





# How Does Stress Affect You?







## What Do You Think the Connection is Between Substance

- **443 recorded overdose deaths** in **Colorado** from January-April 2020 (Colorado Health Institute)
  - In April 2020, CO deaths rose from 15 to 24.1 deaths per 100,000 people
- **3 of every 4 farmers** say it's **easy to access opioids** (Morning Consult,

2017) "A Need For Well-Being | Hard times yield good prospects for Colorado's mental health care: by Joey Bunch; May 30, 2021 print edition. Michigan State University Extension, Communicating With Farmers Under Stress, Copyright 2019.



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# Stress & Mental Health Resources

## Rural Resilience: Farm Stress Training

Call **Colorado Crisis Services**

24 hours per day, 7 days per week at **844-493-8255** or **text TALK** to **38255**.

Get **6 free sessions** with an **ag-friendly**, anonymous behavioral health counselor:  
**[www.CAAMHPforHealth.org](http://www.CAAMHPforHealth.org)**

**Psychology Today**

**#211 United Way**



Photo: UpRoot Colorado



# How Do You Stay Healthy & Happy?

# Developing Coping Strategies



## PHYSICAL

- Exercise
- Deep Breathing
- Abstain from drugs, alcohol or tobacco



## PERSONAL & RELATIONAL

- Talk daily with a partner or family member
- Connect with friends
- Organize your space



## MENTAL

- Watch TV/movies
- Listen to music
- Take short breaks
- Plan & prioritize day



## WORK & PROFESSIONAL

- Focus on what you can control
- Don't overcommit
- Be flexible



## EMOTIONAL

- Forgive yourself for mistakes
- Remind yourself what you've done well
- Do meditative hobbies: fishing, walking in nature



## FINANCIAL & PRACTICAL

- Live within a budget
- Let go of what you can't control
- Ask for positive & constructive feedback

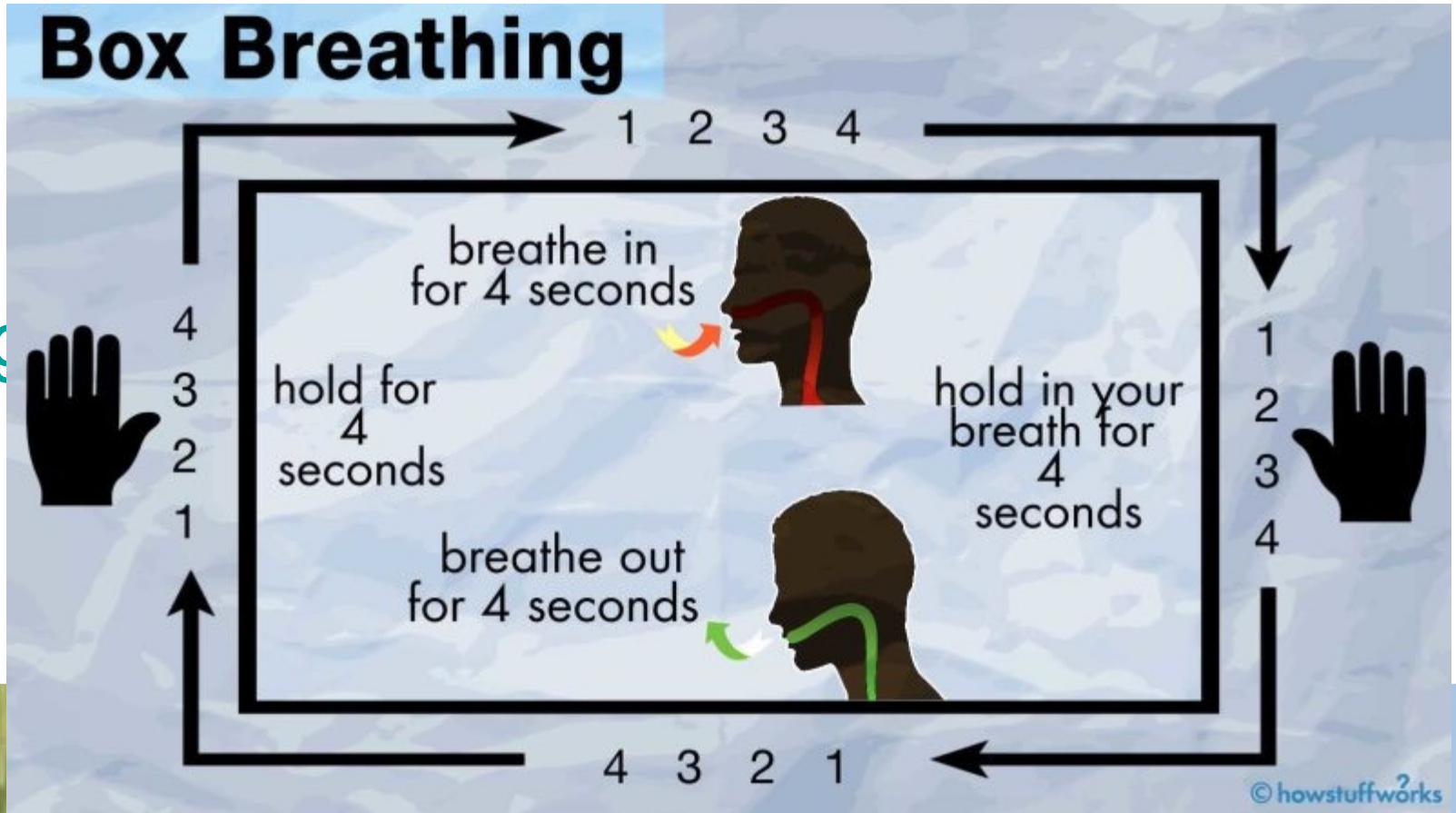


# Deep Breathing

Box Breathing

Figure 8 Breathing

Five Finger Breathing



## Grabbing a Bucket for the Fire Line

Supporting Your  
Neighbors & Friends

- **Check in**
- **Actively listen**
- **Observe** how a person's doing
- **Ask** if they are having thoughts of suicide
- **Remove** means person has to kill themselves
- **Ask** about other social supports
- **Connect** person with professional help
- **Follow up** with person





# Connecting with the Rural Peer Assistance Network



Photo: Marcel Strauss/Unsplash



# Questions?



**RPAN**

Rural Peer Assistance Network





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