Wednesday Webinars

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7/11/18: Stress Management on the Farm
7/25/18: Farm Transition Taxes and Medicaid Estate Recovery
8/8/18: Understanding Credit and Credit Scores
Stress Management on the Farm

Protecting Your Most Valuable Tool - YOU!

Kim Rush Lynch
Agriculture Marketing Specialist, UMD Extension
Prince George’s County
kimrush@umd.edu | 301.868.8780
farmPGC.com
Farming is one of the most dangerous and stressful professions.

Source: Bureau of Labor Statistics, Centers for Disease Control & Prevention
Stress & the Nervous System

Fight or Flight

Rest & Digest
Does Your Body Know the Difference?
Stress & Your Body

- Chest pain
- Changes in appetite
- Change in sex drive
- Digestive issues
- Fatigue
- Frequent colds
- Frequent sweating
- Frequent urination
- Grinding teeth
- Heart disease
- Heart palpitations
- Hypertension
- Headache
- Impotence
- Insomnia
- Irregular menstrual cycle
- Light-headedness
- Muscle tension or pain
- Skin rashes
- Sleep problems
- Strokes
- Weight gain or loss

Source: The American Institute of Stress
Stress & Your Mood

- Anxiety
- Difficulty concentrating
- Feeling overwhelmed
- Feelings of isolation
- Irritability or anger
- Mood swings
- Lack of motivation or focus
- Restlessness
- Sadness or depression

*Source: The American Institute of Stress*
Stress & Your Immune System

- Arthritis
- Decreased lymphocytes (WBCs)
- Fibromyalgia
- Frequent colds
- Frequent “allergy” attacks
- Lupus
- Multiple Sclerosis
- Psoriasis
- Inflammation (in general)
- Inflammatory bowel disease

Source: Cleveland Clinic, The American Stress Institute
Stress & Your Behavior

- Angry outbursts
- Circular thinking
- Difficulty communicating
- Difficulty making decisions
- Excessive gambling or buying
- Frequent use of over-the-counter drugs
- Forgetfulness
- Obsessive or compulsive behavior
- Overuse of alcohol or tobacco
- Overeating
- Overreaction
- Reduced productivity
- Social withdrawal
Stress-Management Strategies

• Bath
• Bodywork
• Diet & supplements
• Essential Oils
• Exercise/movement
• Guided imagery
• Identify stress sources
• Journaling
• Laughter
• Letting go
• Meditative practice & breathwork
• Music
• Mindset shift (re-frame!)
• Planning, goal-setting, visualization
• PLAY!!!!!
• Sleep
• Social support systems
• Therapy
Bodywork
Diet & Supplements

Support...
- Fruits & veggies
- Whole grains
- Good fats
- Vitamin B-complex
- Vitamin C
- Vitamin D
- Magnesium
- Stress adaptogens
- Water

Exacerbate...
- Caffeine
- Alcohol
- Refined sugar and flours
- High-sodium foods

Some days I can't even coffee before I've had my coffee.
Essential Oils

Some E.O. to try...

- Frankincense
- Lavender
- Roman chamomile
- Rose
- Valerian

Source: Essential Oils Desk Reference
Exercise & Movement

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Guided Imagery
Identify Stress Sources

Circle of Life Exercise

Source: integrativenutrition.com/circleoflife
Journaling

Gratitude!

Be brave
Be bold
Be beautiful
Be you

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Laughter

Laughter is the best medicine, unless you have a dislocated rib.

someecards user card
Letting Go

LET IT GO, LET IT GO
Meditative Practice
Music
Mindset Shift
Planning & Goal Setting
Sleep
Social Support System

• Churches
• Clubs
• Co-workers
• Family
• Friends
• Support Groups
What stress management techniques have you tried that work for you?
Select two stress management techniques to practice this month.
Resources

• Current Directions in Stress and Human Immune Function
  • https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4465119/

• Managing Stress During Tough Times
  • http://extension.colostate.edu/docs/pubs/consumer/10255.pdf

• Preventing Farm-related Stress, Depression, Substance Abuse, and Suicide
  • https://afpc.tamu.edu/extension/resources/downturn-book/chapters/20-Preventing-Farm-related-Stress-Depression-Substance-Abuse-and-Suicide.pdf

• Psychological Stress and the Human Immune System: A Meta-Analytic Study of 30 Years of Inquiry
  • https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1361287/

• The American Institute of Stress
  • https://www.stress.org

• Weathering the Storm: How to Handle Stress on the Farm
  • http://www.canr.msu.edu/managing_farm_stress/online_course/how_to_handle_stress_on_the_farm
Resources

Adrenal Fatigue: The 21st Century Stress Syndrome

Job Stress and the Librarian: Coping Strategies from the Professionals

adrenalfatigue.org
upset is optional.

- Bob Duggan