

A FARMER'S TOOLKIT FOR

Well-being



IN JUST 3 SESSIONS LEARN HOW TO...

- Understand how daily stressors impact your well-being and farming practices
- Use mindfulness tools to manage stress and improve health and well-being
- Help your community be more connected and supported



SESSIONS AVAILABLE IN...

- Douglas County
- Bayfield County
- Washburn County
- The comfort of your home! (Sessions available on Zoom)

SESSION INFORMATION...

Sign up for any or all that fit your needs and schedule

Session 1 -- LEARN -- 04/07/2022, 6:00pm - 7:00pm

This presentation will share the research on stress and discuss the unique and maybe not so unique stressors that farmers and farm families contend with. Just like our livestock, we have a physical reaction to stress. Stress itself isn't abnormal or bad, but how you deal with it is important. Understanding when stress turns into a chronic stress cycle can help us identify, acknowledge, and break the cycle earlier. Participants will engage in an activity to identify stressors, strengths and resources.

Session 2 -- PRACTICE -- 04/14/2022, 6:00pm - 7:00pm

This presentation will be exploring the concept of mindfulness and how you can use it to cope with stress, helping you to identify moments in life where you have been present (mindful), learn about the connections between the brain and the body, and take away some skills that can be used on a regular basis to reduce stress. You can make your farming operation better and safer for all by learning what you can do to be better prepared to handle stress.

Session 3 -- CHANGE -- 04/21/2022, 6:00pm - 7:30pm

This presentation will utilize a training called COMET (changing our mental and emotional trajectory). This training will help encourage and empower you to be the person that helps change the trajectory towards wellness for others. It's intended to feel as natural as a casual conversation in a safe space, essentially training us to notice, to start conversations, and then hold space for that person to really share what's on their heart and mind.

REGISTER HERE



SCAN ME

How to use QR code:

1. Open the camera on your smartphone
2. Hold your smartphone over the QR code (like you are going to take a picture)
3. Tap on the link that pops up on your screen
4. OR follow this link
<https://go.wisc.edu/pg5a22>



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UNIVERSITY OF WISCONSIN-MADISON

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