

# FOOD CHAT NOTES | JULY 30, 2020

## RURAL STRESS & WELLNESS



**NEBRASKA FOOD COUNCIL**

*Fostering new connections and encouraging action.*

### PRESENTERS

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### THE RURAL STRESS AND WELLNESS TEAM

Each day, our state's producers are faced with production challenges and market uncertainties. Many of these stress factors have been multiplied by the COVID-19 pandemic. The Rural Family Stress and Wellness Team participates in activities supporting the wellness of rural Nebraska communities by working with community partners and the University of Nebraska. Learn more at: [RuralWellness.unl.edu](https://RuralWellness.unl.edu).

### HOW DOES CHRONIC STRESS AFFECT YOU?

PHYSICAL	EMOTIONAL	BEHAVIORAL	COGNITIVE	SELF-ESTEEM
Headaches / ulcers / backaches	Anxiety	Anger or acting out	Lack of concentration; tunnel vision	Feeling like a failure
Poor posture	Sadness or depression	Passive-aggressive behavior	Memory loss	Can't do anything right - hard on self
Overeating or not eating	Loss of spirit	Irritability	Difficulty with simple decisions	Not being able to fix things
Sleeping problems	Loss of sense of humor	Increased drinking or drug use	Constant worrying	Perception of physical image is negative
Frequent or recurring illness	Bitterness	Isolation	Uncontrollable, racing thoughts	Feeling powerless to control life
Exhaustion	Crying	Violence	Poor judgment	Lack of assertiveness
No longer doing physical activities once enjoyed	Non-tolerant of others	Clumsiness or breaking things	Perceiving things negatively	Loneliness from fear of socializing

Adapted from: colostate.edu

You can't address stressors that you are not aware of, here are some common concerns that producers experience. If you know a producer or your work supports producers, consider providing resources for all of these stressors. If you are a producer, consider which of these are causing the most stress in your life and what small steps you can make to alleviate these stressors. See the resource section below.



#### MORE ABOUT THE RURAL RESPONSE HOTLINE

The Rural Response Hotline is the longest statewide call line of its type providing referrals to multiple services: legal, mental health, and mediation. Referral for mental health services can include a voucher from Nebraska DHHS to have several sessions with a mental health professional for free!

There are two people who take the calls with many years of experience. They can connect callers to legal aid which includes: accountants and attorneys. Multiple organizations have partnered with the hotline to provide financial assistance to callers in need. They do offer services in Spanish, although more limited than English.

“If farms are not healthy and successful, then farm [and ranch] families may choose, or be forced, to leave farming as a business and a way of life. What begins as an individual and family problem of dealing with ordinary and extraordinary stressors becomes an issue that requires community solutions, including public policy.”

– Bonnie Braun, 2019

#### RESOURCES

Looking for a daily reminder to check in with your self-care goals? [join.shinetext.com](https://join.shinetext.com)

Sleep is important to cleanse toxins from the brain, affecting mood and performance. [go.unl.edu/sleeptips](https://go.unl.edu/sleeptips)

Getting farmers through tough times: [go.unl.edu/hotline](https://go.unl.edu/hotline)