

Let's Talk About Self Care on the Farm

Presented by: Bridget Britton Behavioral Health Field Specialist



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

What is self-care?

Self-care is the practice of taking action to preserve or improve one's own mental or physical health.



Poll Question!



When to practice self-care...

Ideally on a regular basis

**Absolutely when you are feeling
overwhelmed**



Signs you need self-care

- Physical
- Emotional
- Behavioral



The Cliché's



Put your OWN
oxygen mask on
first



YOU WOULDN'T LET THIS
HAPPEN TO YOUR PHONE.
DON'T LET IT HAPPEN TO
YOURSELF, EITHER.



The Why...

- Get more done in a day
- Healthier immune system
- *Hopefully* some alone time
- Safer environment for everyone



We struggle together to see professionals

- **Access to health care**
- **Health literacy challenges and understanding**
- **Time**
- **Distance**
- **Cost**
- **Technology Limitations**



Stigma

- Everybody knows everybody
- “I can take care of myself”
- Too much to do



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Self Care as a resource



Creating a self-care plan

- Identify who you can talk to and be intentional
- Find something you enjoy that can be as short as 10 minutes a day
- Lean on friends and family
- Use of technology
- Avoid social media and news



What has been created

- **County Mental Health Resource Guide**

go.osu.edu/countymentalhealthresourceguide

- **Local county crisis lines**
- **Telehealth in many counties**
- **Farm Stress Certified professionals**



State resources

- Careline
 - **1-800-720-9616**
- Ohio State Extension Farm Stress website
 - **go.osu.edu/farmstress**
- Farm and Ranch Stress Assistance Network
- Ohio AgrAbility
 - **agrability.osu.edu**
- Center for Rural Affairs
 - **www.cfra.org**



In your state resources

- Rural Health Association website
- State Department of Agriculture
- Agribusiness Association
- Farm and Dairy and other Newspapers
- Iowa State University. Iowa Concern
24-hour hotline: 1-800-447-1985



National resource



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Educational Programs



QPR-Question Persuade Refer



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Mental Health First Aid

- Learn a five-step action plan which prepares individuals to respond to those facing stress and related mental health concerns



Suicide Warning Suicides

- Clear to friend: “I’m going to kill myself.”
- Coded to son: “Don’t be surprised if I die in a tractor rollover.”
- Clear to banker: “If you foreclose, you’ll be seeing my obituary next week.”
- Coded to friend: “If I should pass away, I want you to have my old Winchester 12-gauge.”
- Coded to financial advisor/loan officer: “What happens to my debt if I die?”; “If I die, can my mother cash in on my life insurance policy.”



Wrap – Up and Final Information

What questions do you have?



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Contact Information

Bridget Britton –
britton.191@osu.edu

- Visit our website at
<http://u.osu.edu/farmstress>



References

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