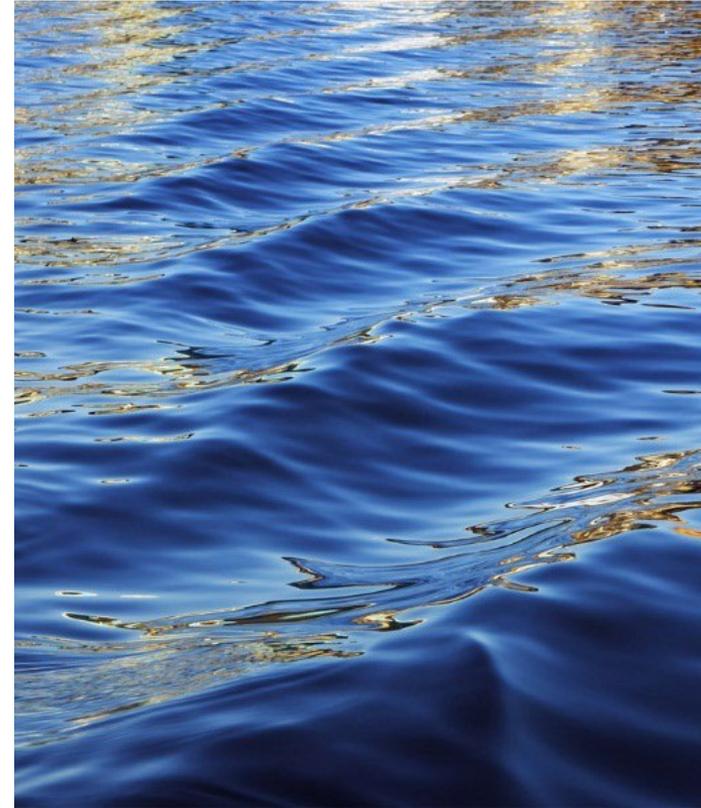




Staying Grounded: Managing Stress and Supporting Mental Wellness

Monica Kramer McConkey MA, LPC
Eyes on the Horizon Consulting



NORTH
Dakota
Be Legendary.

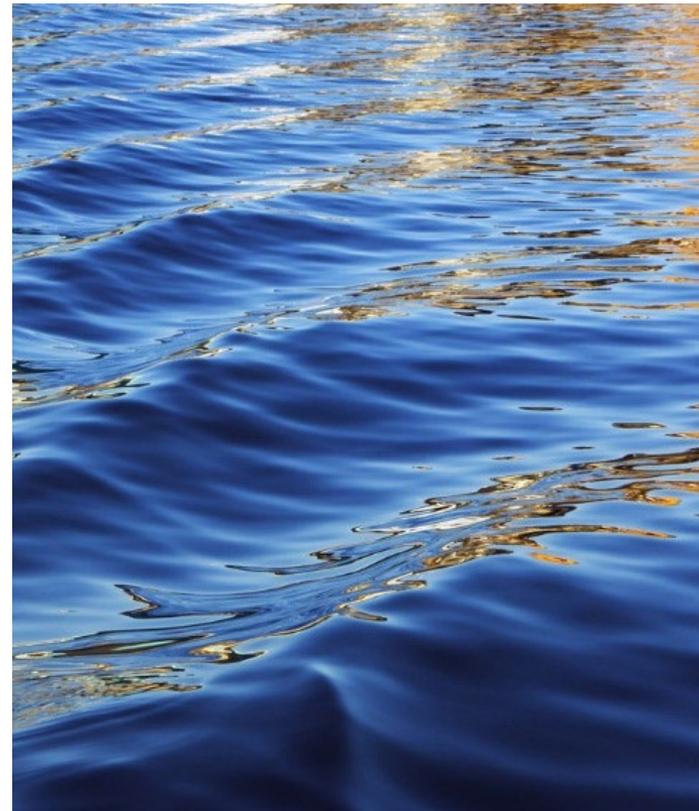
Behavioral Health

HEALTH & HUMAN SERVICES





Stress Activity



Face Your Partner

1. 1-2-3

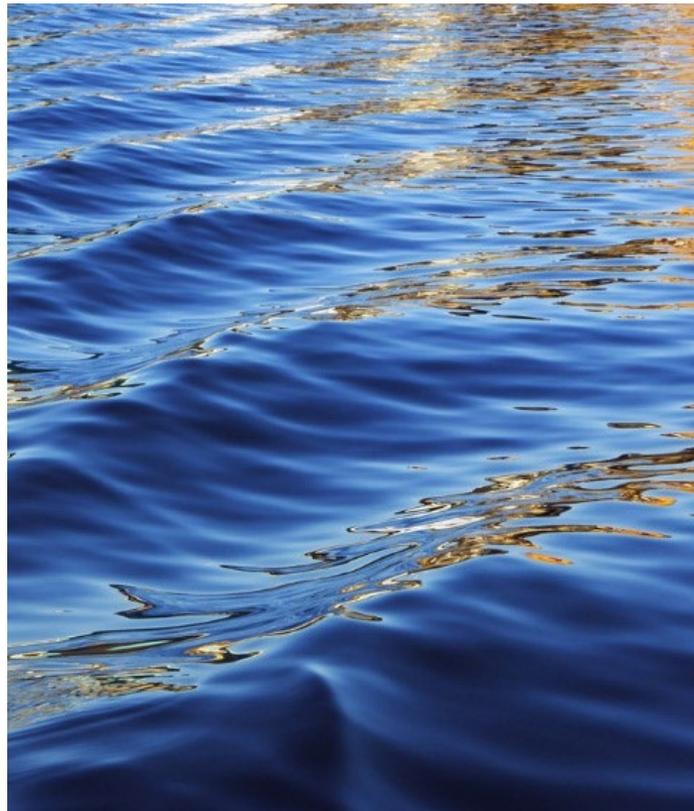
1. 1-2-3

2. SNAP – 2 – 3

1. 1-2-3
2. SNAP – 2 – 3
3. SNAP – CLAP – 3

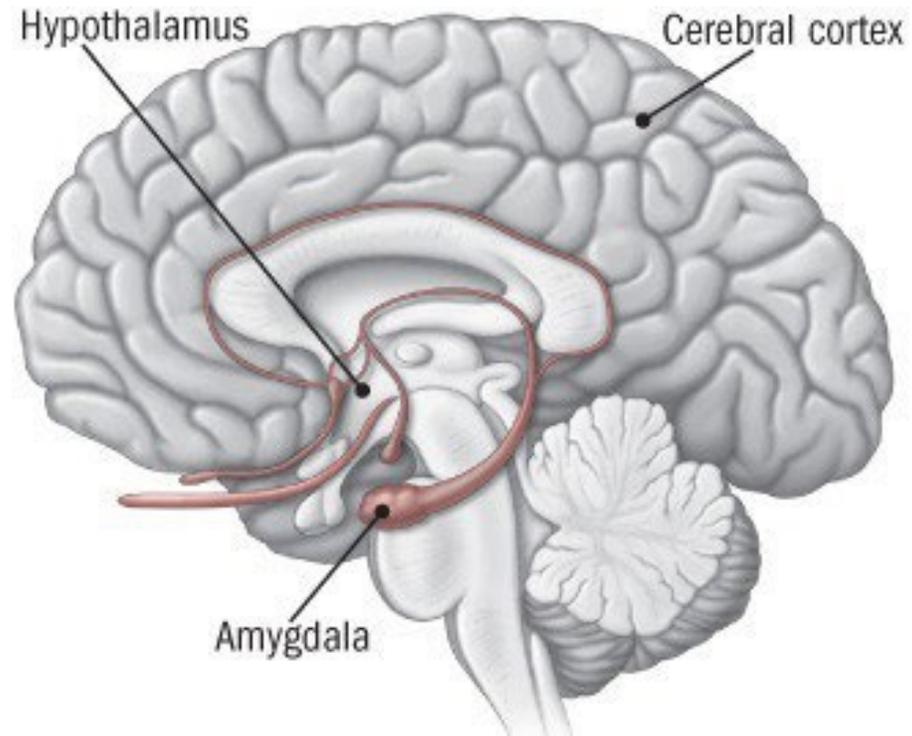


Stress

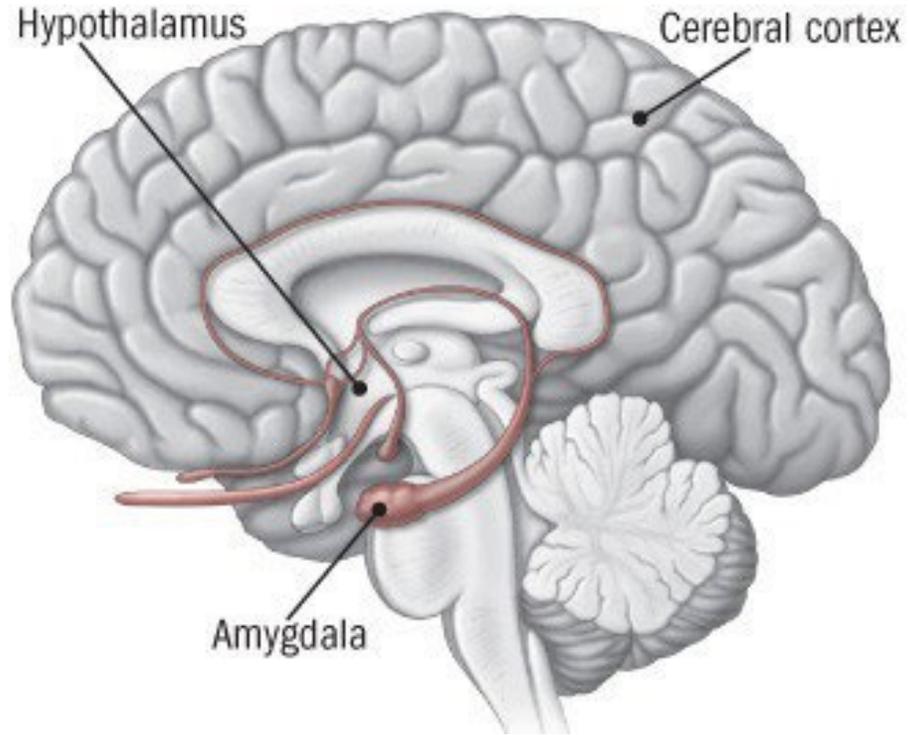


Stress Response

1. Stressful incident

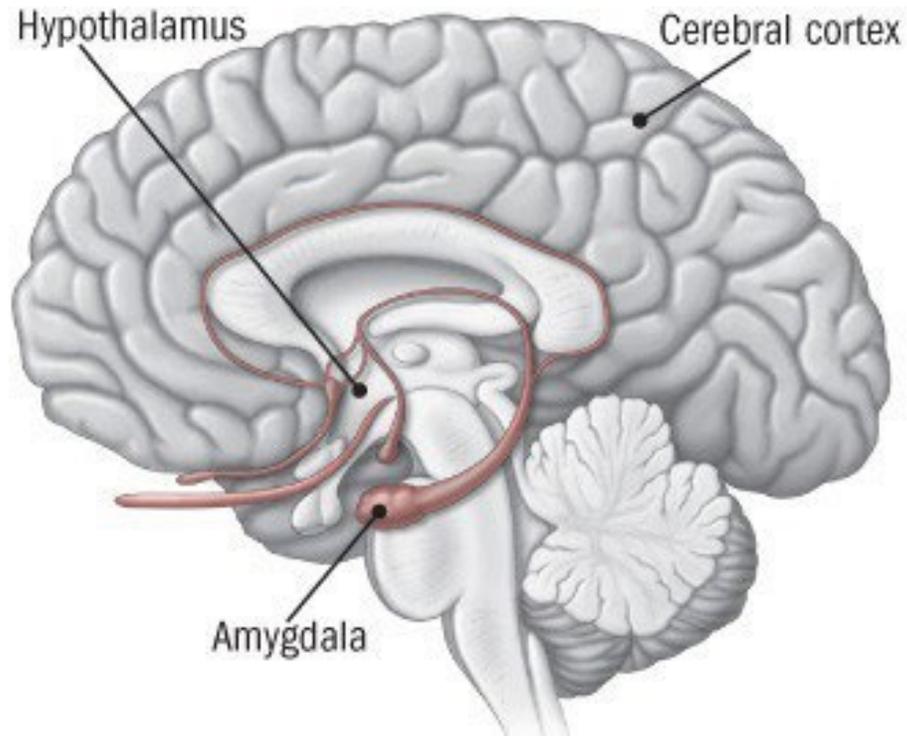


Stress Response



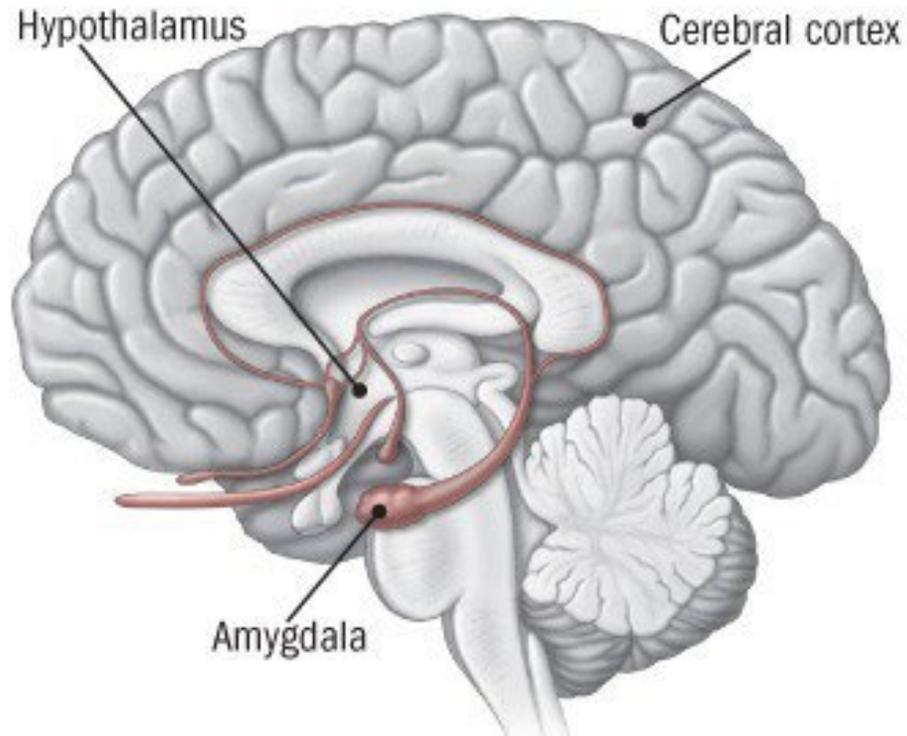
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2. Information sent to amygdala – processes and interprets

Stress Response



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2. Information sent to amygdala – processes and interprets
3. Danger signal sent to hypothalamus (command center – communicates to rest of body through nervous system)
 - Surge in adrenaline
 - Heart beats faster
 - Pulse rate and blood pressure $\hat{=}$
 - Rapid breathing
 - Senses sharpen
 - Release of glucose & fats to supply energy

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4. Fight, Flight, Freeze, Fawn

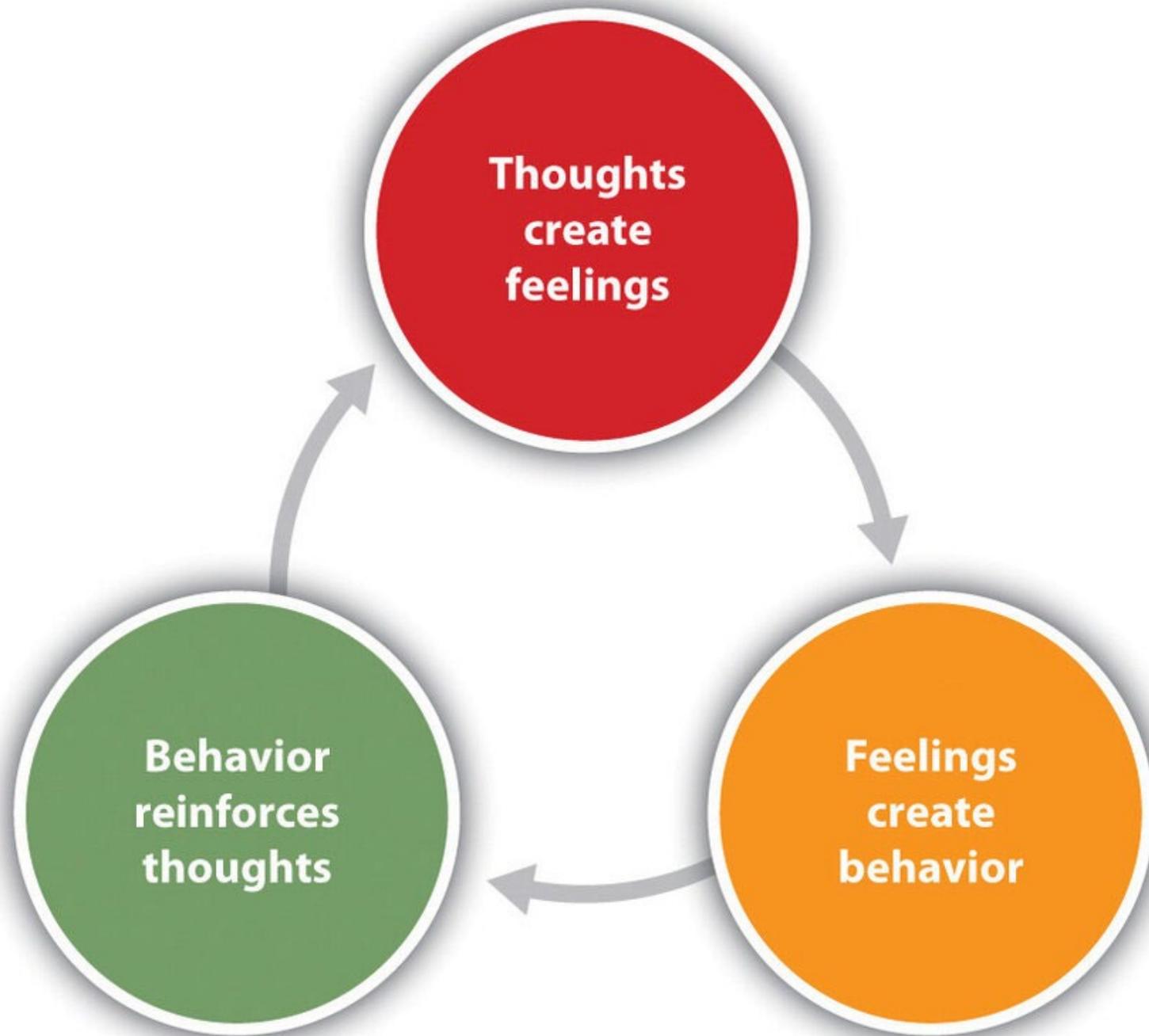
Chronic Stress

- Prolonged and constant feeling of stress
- Stressors are experienced with frequency and intensity that the autonomic nervous system does not have an adequate opportunity to activate the relaxation response
- Body remains in constant state of psychological arousal





Why is how we think is important?



Thoughts come from our beliefs...

About ourselves

- Incompetent
- Worthless
- Failure
- Flawed or broken
- Unlovable
- If I'm not perfect, I'm a failure

About the world

- Unfair
- Stacked against me
- People only care about themselves
- No point in trying, the world is out of control
- Future is hopeless

So.... what do we do?

When emotions are getting high...work to regulate and keep the thinking brain turned on.

Focus on the things you have control over.

Make a plan.



What NOT to do

Isolate

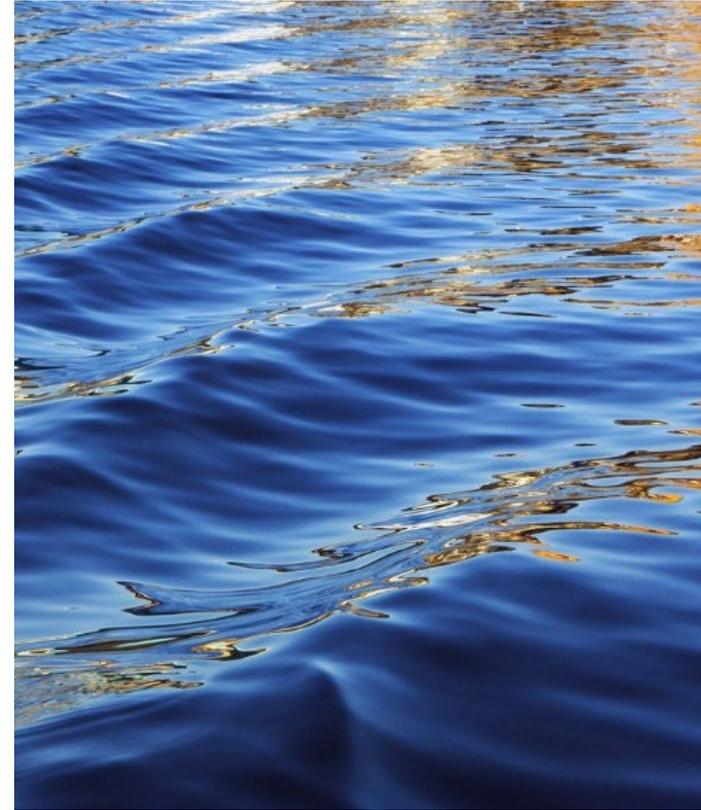
Stay in emotion

Unhelpful coping





Warning Signs



Warning Signs



- Isolation
- Mood Changes
- Abrupt Sales
- Disrepair
- Injury and Illness
- Altered Sleep Patterns
- Increased Substance Use
- Lack of Motivation
- Unpaid Bills
- Hopelessness
- Family Exhibiting Stress

What do I say?

- I've been noticing you've been _____, what's been going on?
- I heard you were _____. How are you doing?
- I'm hearing you say _____. I'm worried about you. Let's get some help.





Working with the chronically stressed

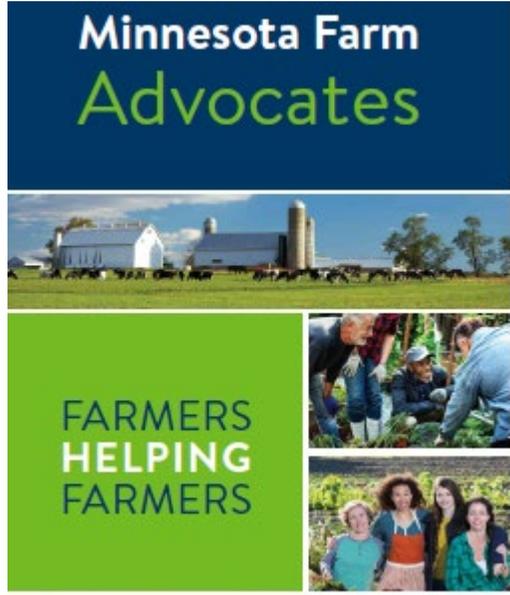
- Active Listening
- Make a plan
- Be clear and concise
- Write it down
- Check in
- Provide resources

Farm and Ranch Stress Assistance

Resource	Mediation	Credit Counseling	Farm Management	Mental Health Resources
North Dakota Mediation Service	✓	✓		
North Dakota Farm Management Education		✓	✓	
First Link				✓
Together Counseling				✓
NDSU Extension			✓	✓

www.ndda.nd.gov/frsa

MN Legacy Programs



1984



Farm Mental Health Counselors



2002



2013

phone, text, email (24/7)

Minnesota Farm Advocates

- Since 1984
- Natural or financial disaster
- In the farmer's corner
- Help navigate solutions to difficult and complex problems
 - Lending/lender negotiation, mediation, farm programs, crisis counseling, disaster programs, legal and/or social services
- 2022: 6,404 hours with clients



833-600-2670

24/7 Confidential Hotline

**YOU
MATTER.** TALK TO US.



No concern is too small

Minnesota Farm & Rural Helpline



833-600-2670



Text farmstress to 898211

Mobile Crisis Teams – Adults, Kids

Intensive, local, face-to-face short-term. In a crisis, they help people return to their baseline level of functioning and plan next steps

mn DEPARTMENT OF
HUMAN SERVICES

<https://mn.gov/dhs/crisis>



CELL: **27 47 47

Minnesota Farmer-Lender Mediation

Trained, neutral facilitators help resolve disputes.

- **Mandatory** in MN: Opportunity to renegotiate, restructure, resolve farm debt
- USDA program determinations
- Farm succession/transition
- Neighbor disputes
- Etc.



218-935-5785

z.umn.edu/mediation

From Anywhere



OR Text "HOME" to the number 741741

ND Farm Financial Stress Webinar

This webinar is for producers
and lenders to learn about
strategies and services to assist
in managing financial stress in
the current ag economy



Register Here

Thursday, February 5
1:00-2:30 pm CST

Questions? Contact Monica McConkey at 218-280-7785 or
monicamariek3@gmail.com



This effort is associated with North Dakota's State Suicide Prevention Program, funded by the ND Department of Health and Human Services (HHS), Behavioral Health Division (BHD).

A landscape photograph featuring a vast field of golden wheat in the foreground, rolling hills in the middle ground, and a sunset sky with soft clouds in the background. The sun is low on the horizon, casting a warm glow over the scene.

Questions?

Monica Kramer McConkey

218-280-7785

monicamariekm3@gmail.com



@eyesonthehorizonconsulting



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www.eyesonthehorizon.org

