

Nova Scotia Federation of Agriculture & Farm Safety Nova Scotia

Protecting Your Farms's Greatest Asset

What do you offer your business?

- Vision
- Intimate knowledge of the working of your farm
- Ability to monitor and fix equipment
- Care of production
- Financial commitments/benefits
- Intergenerational knowledge of the land, soil composition
- What else?



Chronic Stress

Stress hormone is produced called Cortisol

Fight or Flight response

Quick Flip in farmers

Leads to feelings of hopelessness and helplessness

PTSD/Volunteer fire fighters in community
- risk factor

What do we do about Chronic Stress

- Four effective ways to get rid of Cortisol
 - Exercise
 - Ugly Cry
 - Relationship
 - Carbohydrates





What is Resilience

The capacity to
recover from
difficulties

The ability to
spring back into
shape/to
bounce back.



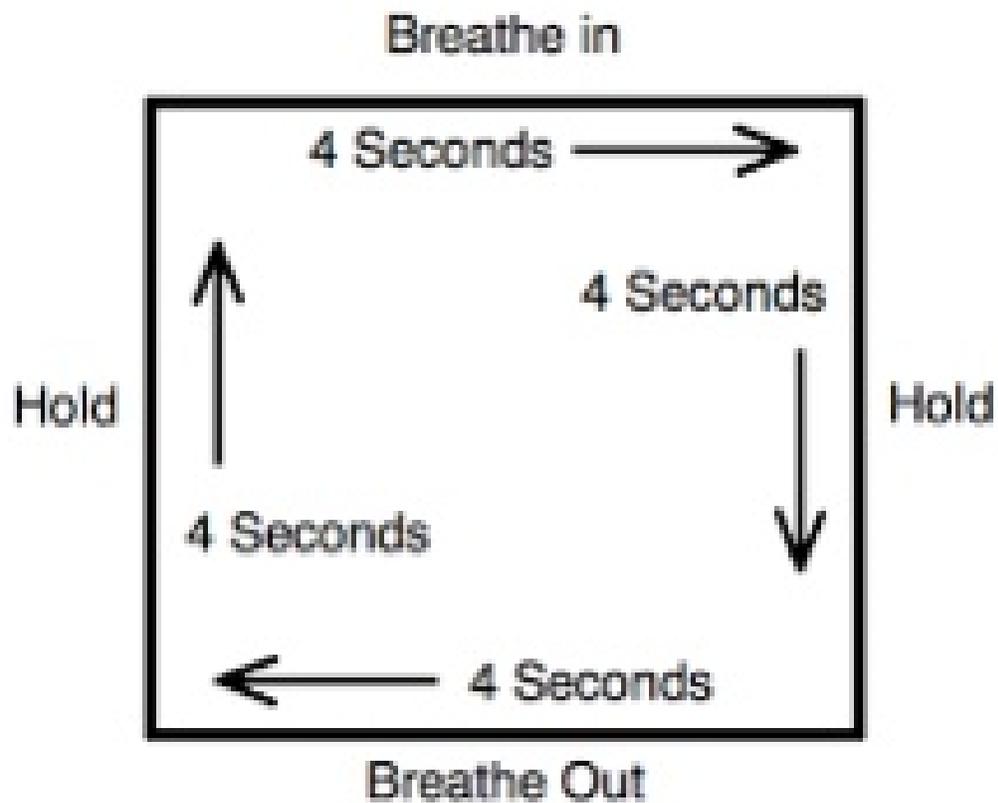
What else can I do to build resilience?

- Practice Self-compassion
 - Have you ever really benefitted from self-criticism
 - Are you the only one who has ever faced this?
 - What would you say to a friend who had made this mistake
 - Is it ok to not be perfect?
 - Is it ok to still be learning?
- Test your knowledge, get curious and try an experiment
- Self-Care
- Practice Coping Skills
- Limit Rumination

Healthy Boundaries = Resilience

- Why do we build a fence?
- Who is that fence for?
- What does it apply to?





Sniper Breathing

Self-Care

What is self-care?

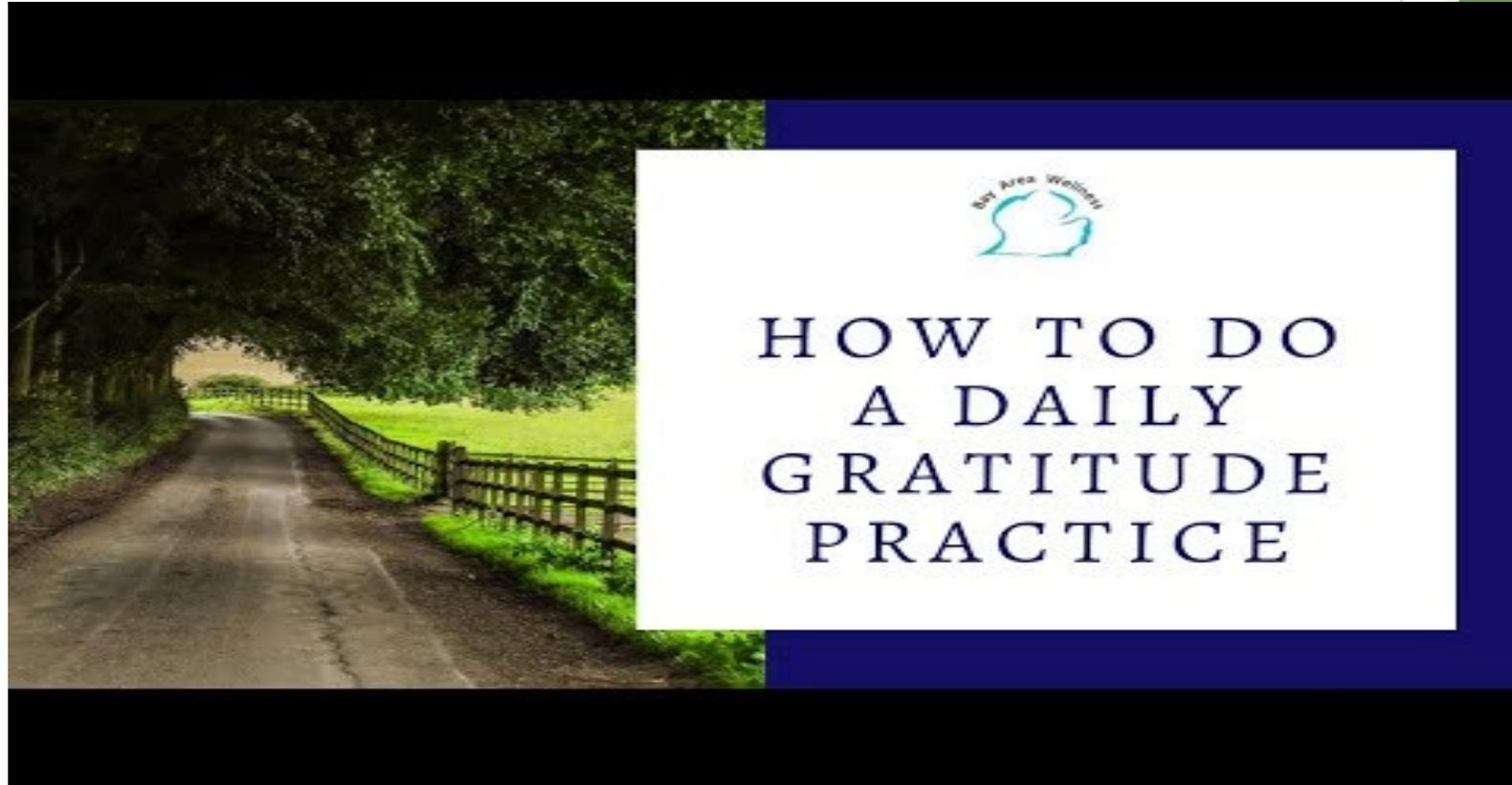
- Self-indulgence?
- Selfishness?
- wisdom?

What do you do for self-care?

What is mindfulness?

- How can I incorporate it?

Gratitude / Thankfulness





Focus on what you can control not on what you cannot control

"We can't control what happens to us,
but we can control how we respond
to things we can't control"

AVIS J WILLIAMS

Building Resilience:

Can help us avoid
mental health
distress

Builds confidence

Increases level of
satisfaction in life

Increases overall
health; improves
immune
functioning; lowers
heart disease

Allows you to
reframe the
situation

Creates the
environment you
and others need in
order to thrive

- Lauren Van Ewyk, M.Sc.MHC, RSW
- Wellspring Counselling Services
- www.wscounselling.com
- 226-402-4504

Any Questions?