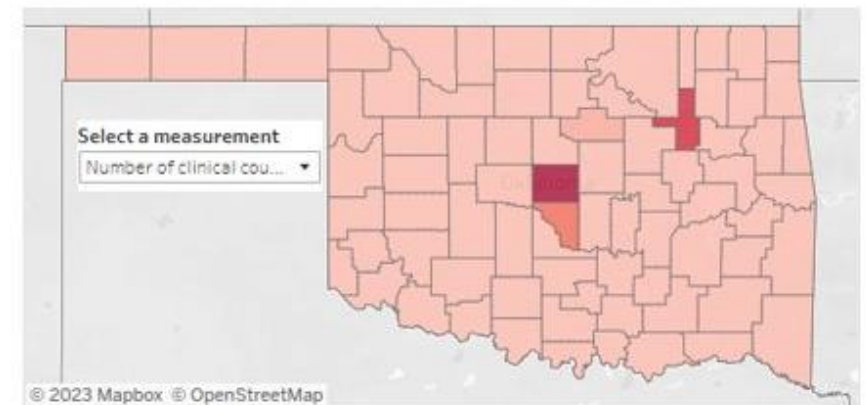
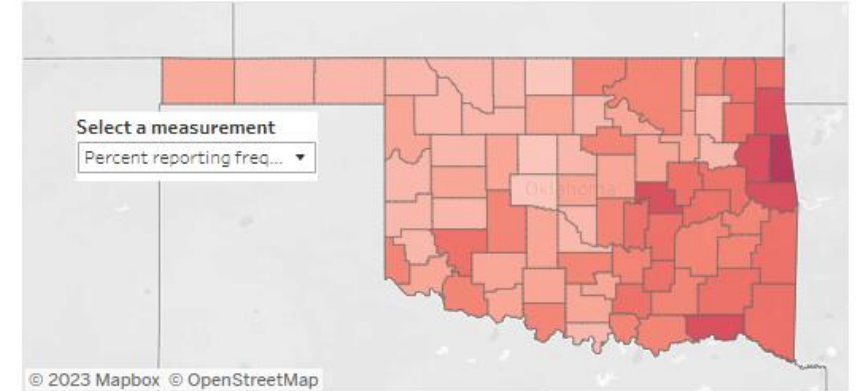
A stylized sun graphic on the left side of the slide. It features a solid yellow circle at the bottom left, with several yellow dashed lines of varying lengths curving upwards and to the right, suggesting rays of light. The background is a gradient from orange on the left to white on the right, with a large white semi-circle shape on the right side.

# Stress and Mental Health on the Farm

Jordan Shuler, M.S., & Matt Brosi, PhD

# Oklahoma's mental health crisis

- Percent reporting frequent mental distress:
  - 7+ of the top 10 counties are rural.
  - OK is 6<sup>th</sup> in nation for suicide rates.
    - OK suicides increased 8% to 10% in 2020, and rural areas had a 27% increase.
  - OK is 2<sup>nd</sup> nationally for SUD
  
- Where are the most MH providers in OK?
  - Adults residing in *rural* locations receive mental health treatment **less frequently** and often with providers with **less specialized training**, compared to those in *urban* areas.
  - \*\*Shame, privacy, independence, and “**grit**” still plague the process of seeking help

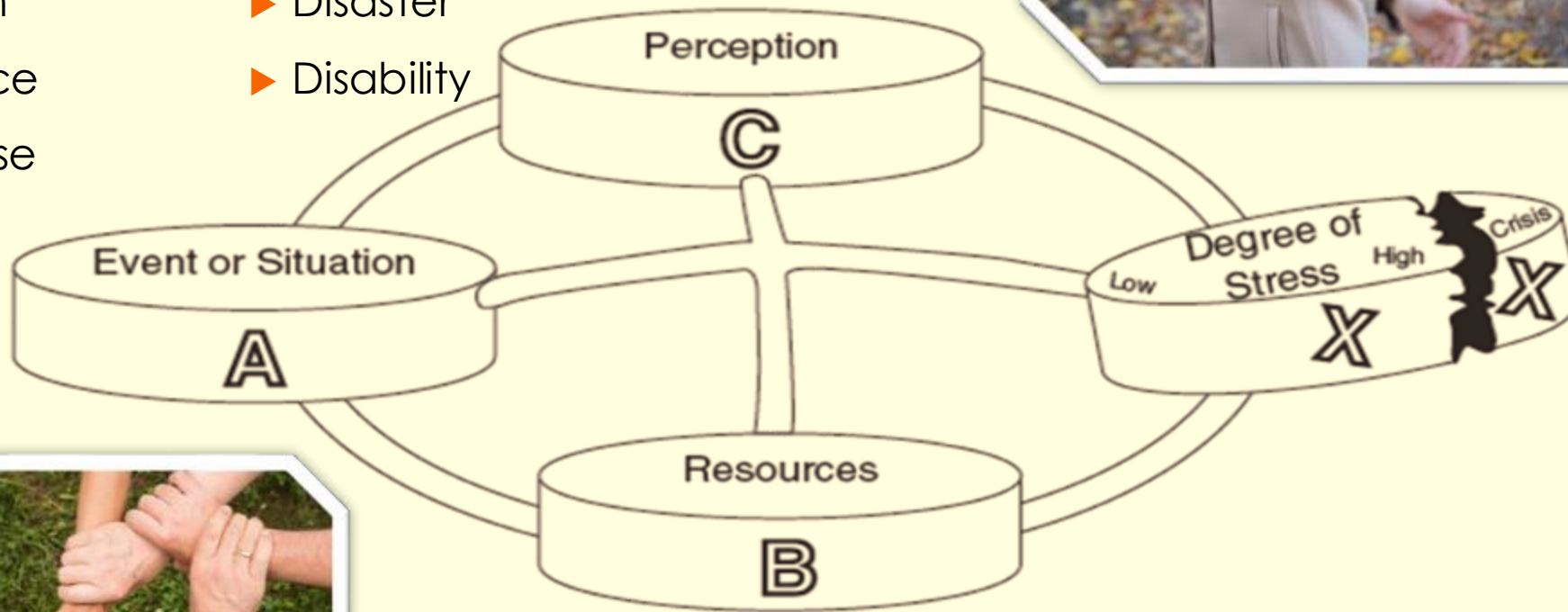


Source: Oklahoma State Department of Health

# One More Way To Think About Stress



- ▶ Death
- ▶ Divorce
- ▶ Disease
- ▶ Disaster
- ▶ Disability

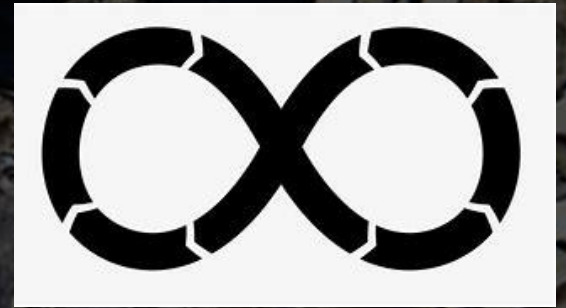


An illustration of an iceberg in a blue ocean. The tip of the iceberg is above the water, while the much larger base is submerged. The sky is light blue with a few white clouds. The text is overlaid on the scene.

# Substance Abuse and Mood Disorders

- Anxiety and Depression are common – when they overwhelm us we call it a disorder
- Often substance abuse disorders overlap with these other disorders
- Even if you don't experience a “disorder” your mental and family health impact your wellbeing

# Family Systems--What do we mean by "*family system*?"



- A "system"...
  - Is made up of many parts, but makes something bigger when together.
  - It's pieces constantly affect and are affected by one another.
  - It has a way of keeping the system working in a steady state.
- A "family system" works in a similar way, but it's parts:
  - Have unique thoughts and feelings about "we/us"
  - Constantly communicate and interpret messages (spoken and unspoken)
    - Uses actions & emotions to keep the system working in the way it is most used to.
  - **\*Can influence the state of "health" of each of it's members.**



# Skills to Build a Healthy Individual

- Take care of each of your psychological parts
  - Just like a family, you are made of connected parts
- Take care of your biology (caution with self-medication; SLEEP)
  - Beware of being hangry
- Take care of your need for connectedness
  - In ~~therapy~~ relationships with others (overcome the isolation factor):
    - Validate/normalize each other's experiences
    - Challenge self and one another to grow...
- Exercise your *thinking* brain
  - Use body and mind to move from surviving to thriving



Changing Perspectives

# Changing Perspectives – Balance

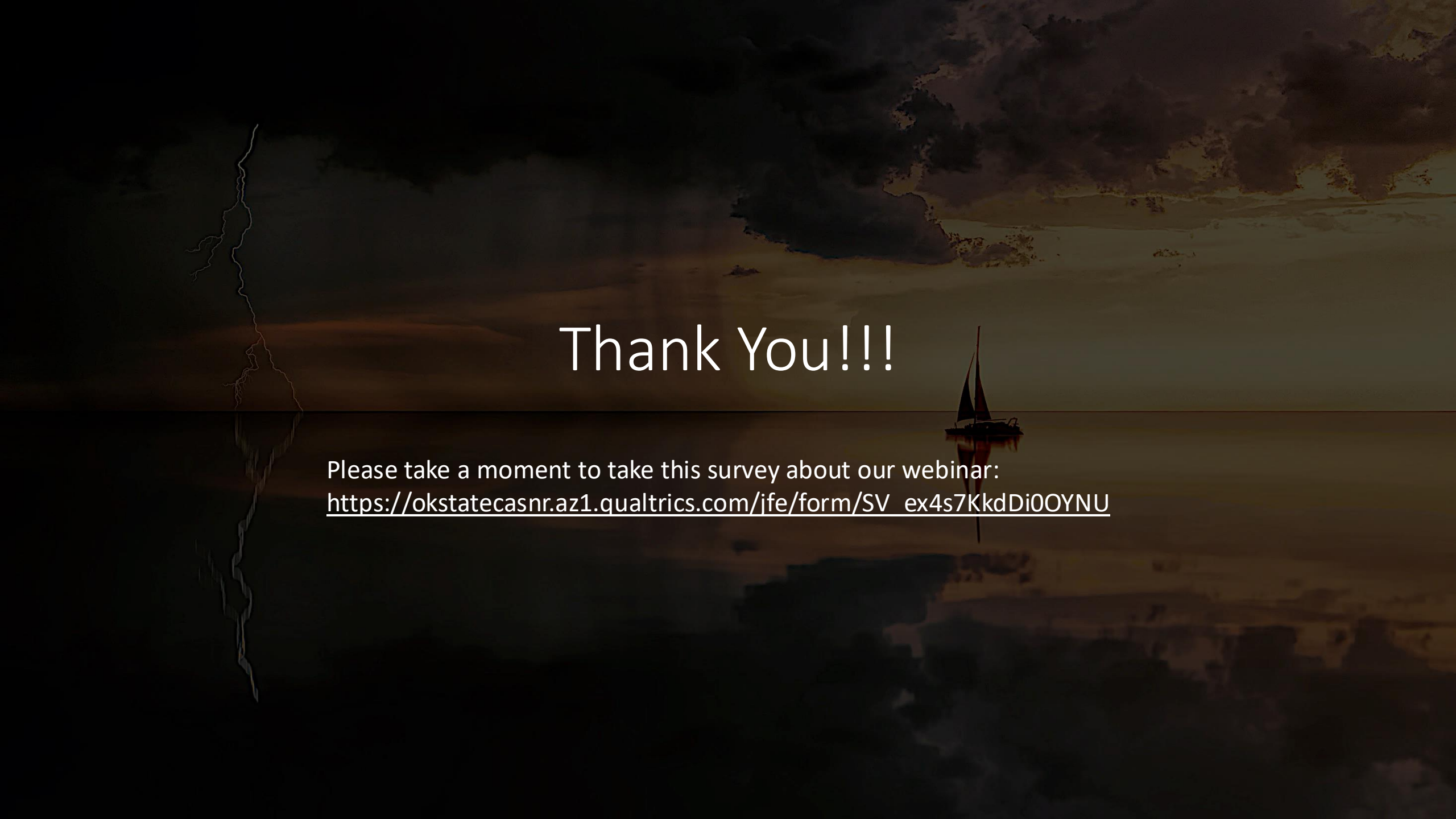
## Challenge Your Thoughts

- Catastrophic Thinking
  - I didn't get a promotion, therefore everyone hates me and I'm about to get fired
- All-or-Nothing
  - I either have to be a good provider or a good parent
- Shoulds
  - How often is it a should when it could be a am willing or want to
- Event Filter
  - Opposite of rose-colored glasses

## Accept and Act

- If your thoughts aren't going to change, drop the struggle and find the wisdom you can with them
- Hold your thoughts and feelings as yours, and hold them lightly
- Use SMART goals to move forward
  - Specific
  - Motivated **by Values!**
  - Adaptive (makes life better in the long run)
  - Realistic
  - Time-bound



A dramatic sunset or storm scene with a lightning bolt on the left and a sailboat on the right.

# Thank You!!!

Please take a moment to take this survey about our webinar:

[https://okstatecasnr.az1.qualtrics.com/jfe/form/SV\\_ex4s7KkdDi0OYNU](https://okstatecasnr.az1.qualtrics.com/jfe/form/SV_ex4s7KkdDi0OYNU)