



Welcome to today's webinar!

Stress and Safety

Decrease one, Increase the other

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Stress and Safety

Decrease one, Increase the other



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How can stress be good?

Stress is simply the body's response to changes that create taxing demands

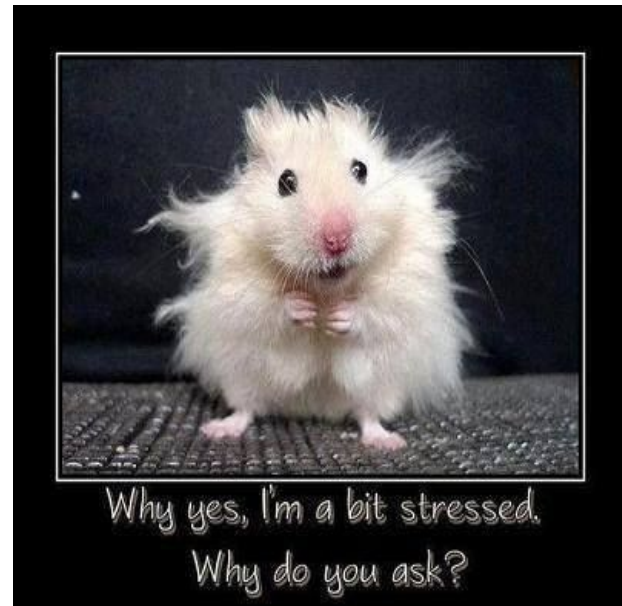


How can stress be good?

EUSTRESS Positive Stress	DISTRESS Negative Stress
<ul style="list-style-type: none">• Motivates, focuses energy• Is short-term• Perceived as within our coping abilities• Feels exciting• Improves performance	<ul style="list-style-type: none">• Causes anxiety or concern• Can be short- or long-term• Perceived as outside of our coping abilities• Feels unpleasant• Decreases performance• Can lead to mental and physical problems

The big stressors today

- Coronavirus
- Personal and family safety
- Financial uncertainty



What are the signs of stress?

- Easier to recognize in others than in yourself!
- Eating too much, or not at all
- More easily irritated or bothered
- Sleepy more (or less)
- Feeling overwhelmed
- Feeling trapped



The link between stress and safety

- Well documented on the literature
- Decreased safety behaviors and stress (Stallones Baesler et al)
- Children who want to please parents (Kidd and Scharff)
- Lack of rest/sleep (Jadhav Achutan, Haynatzki, Rajaram, Rautianen, 2106)

Safety has no quitting time

- Repair machinery and equipment
- Shields
- Roll bars
- Annual investment



FOCUS

FOCUS

FOCUS

- One thing at a time
- Concentrate
- No skipping steps
- Take your time
- Later, analyze how to do it better



The new workforce

- H2A disappeared
- Kids in the family
- Spouses



Adapting

Kids- safe play area and SUPERVISION

Youth- assess skills before assigning tasks

Supervise at all times

Spouses – talk about task, train and supervise

Work more slowly to keep everyone safe

NO shortcuts!

NEW Challenges

Childcare, not this!



Older workers-adaptations



Worry

Allow yourself a short time
to worry then move on



Stay busy

Take breaks,
check on each other



RECAP-10

- Plan ahead
- Make all need repairs/replacements
- For new workers- train, review, observe, supervise
- For children- safe play areas, direct observation at all times by an adult in arm's reach
- For older workers- review, retrain, observe
- FOCUS FOCUS FOCUS
- Slow down
- Take a short time to worry and move thoughts on
- Rest and Sleep
- Play time

Resources

National Children's Center for Rural and
Agricultural Health

www.marshfieldresearch.org



Source: Sealy Tractor Website – Mishaps and Funny Farm Photos,
<http://sealytractor.com/photos.php>

Sometimes it's a balancing act...

This is not
recommended to
do at home!



Source: Sealy Tractor Website – Mishaps and Funny
Farm Photos, <http://sealytractor.com/photos.php>

Stress Busters

Just breathe.

B reathe	five slow deep breaths
R est	7 hours sleep; short naps
E xercise	Walking, cardio, mental, your faith
A ttitude	Be positive
T alk it out	A friend; your dog; your faith
H elp someone else	Releases good hormones
E at right	Fruits & veggies; low protein at night

Sources of help

Farm Aid www.farmaid.org
1-800-FARM-AID

Crisis hotline text HELP to 741741

Suicide prevention 1-800-TALK (8255)

COVID-19 Resource and Support Hotline
Dial #211



Photo credit: Meghan Thurston of Ohio

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New Resources from VCE

Farm Safety, Health, and Wellness

Mental Health Case Studies

The Dunlap's Beef Cattle: The Impact of Intergenerational Farm Transfer ([Click here](#))

The Family Vegetable Farm in Roanoke, Virginia ([Click here](#))

The Montel Family: An Intergenerational Farm ([Click here](#))

Financial Strain on Dairy Farmers: The Cooper Family Story ([Click here](#))

The Johnsons' Broiler Farm ([Click here](#))

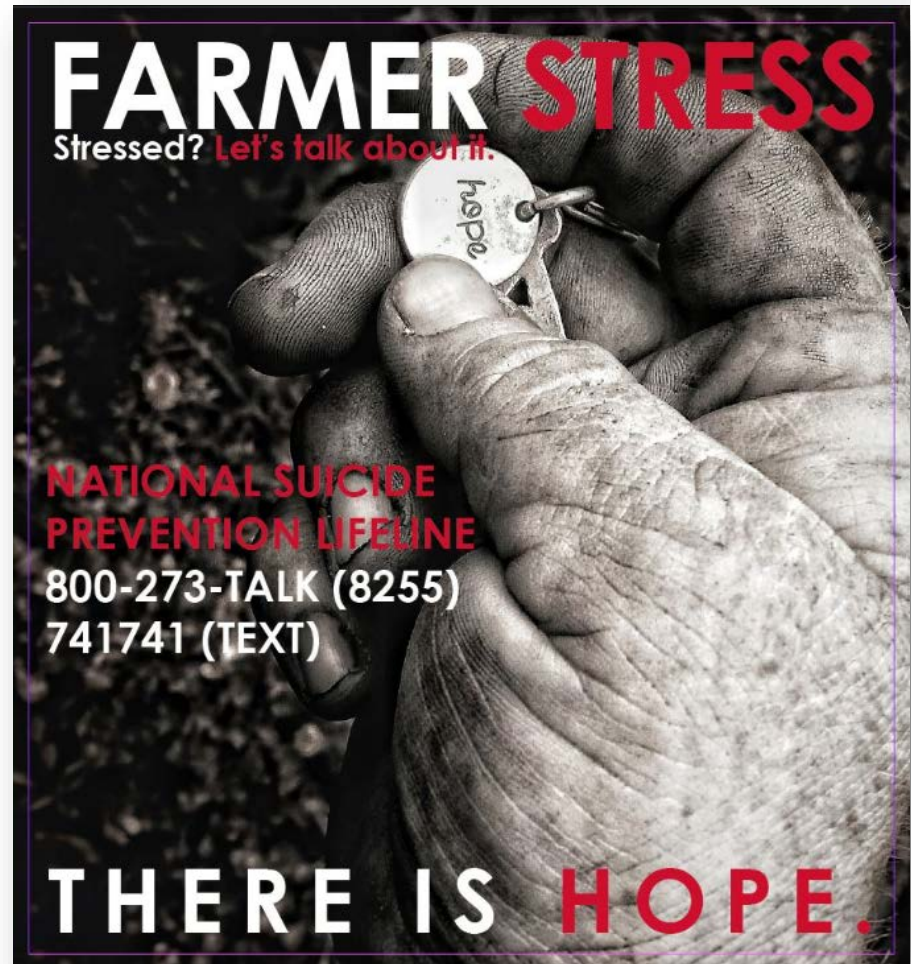
Decision-Making Guide for Farm Service Providers and Educators ([Click here](#))

Email Katie Trozzo at ketrozzo@vt.edu if you would like an email sent to you with the .pdf's of these articles



Coping with Stress in
the Agricultural
Community Brochure
from VDACS
([Click here](#))

National Suicide
Prevention Lifeline
800-273-TALK (8255)
741741 (TEXT)



Upcoming VBFRC Webinars

May 13 Hemp Panel Webinar

June 25 Farm Financing Options for Historically Underserved and Beginning Farmers Through the USDA Farm Service Agency

Webinar Evaluation Link

https://virginiatech.qualtrics.com/jfe/form/SV_dmz0fPOa89McaID