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December 2021 Newsletter

Welcome to the inaugural farm stress management newsletter, we are excited to offer this programming statewide to raise awareness, provide training, and share resources. Our team will be participating in agriculture meetings around the state and at annual conferences, so stop in and say HI. If you have questions or suggestions please reach out as this is a new program for UME. Thank you for joining and we wish you a safe and happy holiday season!

Maryland Farm Stress Management Webinars

The University of Maryland Extension Farm Stress Management Team is excited to announce an end of the year webinar series. Select from one or all of the webinars. They will begin at 9AM EST and last about an hour. The sessions are FREE, will be recorded and open to all!

- December 6, 9AM, From "But" to "Because" - recording <https://youtu.be/IBY84dPSCCQ>
- December 13, 9AM, Building Resilient Farms and Farm Families
- December 15, 9AM, Take Charge of Your Stress
- December 20, 9AM, Farm Finance Check Up

For descriptions of the webinars and to register visit:

<https://www.eventbrite.com/.../maryland-farm-stress...>

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*Funding provided through Farm and Ranch Stress Assistance Network

Who We Are:

The **University of Maryland Extension Farm Stress Management Team** provides education and outreach on topics related to mental and physical wellness for farmers, families, and communities. Specifically, we focus on developing resources to alleviate stressors driven by financial, legal, or mental health issues.

Farm Stress Management in the News:

MDA, University of Maryland Announce Farm Stress Assistance Program - Program will promote physical, mental health in rural Maryland communities

“The Maryland Department of Agriculture (MDA), in partnership with the University of Maryland Extension (UME), today announced a new statewide Farm Stress Assistance program designed to provide physical and mental health resources to rural communities. The program is funded by a \$500,000 grant from the U.S. Department of Agriculture (USDA) National Institute of Food and Agriculture (NIFA).” Read more at <https://extension.umd.edu/news-events/news/mda-university-maryland-announce-farm-stress-assistance-program>

Meet the Team:

<https://drive.google.com/drive/folders/1SyMg96eoytAGStFj2v2YqKfobSy0MV6-?usp=sharing>

Videos of the Month:

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As the holiday season approaches, often so does an influx of time spent with family, and changes in eating habits. To learn more about managing stress within these areas check out the videos below!

- [Family Routines for Mental Health](#) (Video length: 6:40 | May 5, 2021) : Maintaining routines in your household can help to improve the mental health and well-being of the children, and adults, at home. Learn about building routines and making them stick with Alex Chan, Mental and Behavioral Health Specialist
- [Nutrition and Mental Health](#) (Video length: 5:09 | May 6, 2021) : Learn about mindful eating habits and how they can benefit your mental health as well as your physical health, with nutrition educator Erin Jewell.

See us Here:

Upcoming Events:				
01/13/2022	10:00am - 2:00pm	Carroll County Mid-Winter Agronomy Meeting	Westminster, MD	
01/13/2022 - 01/14/2022	all day	Future Harvest Conference	Virtual	https://www.futureharvestcasa.org/conference/2021-conference
01/14/2022 - 01/16/2022	all day	East Coast Commercial Fishing and Aquaculture Expo	Ocean City, MD	http://www.marylandwatermen.com/Trade-Show.html
01/27/2022	8:00am - 1:00pm	Central MD Vegetable Growers Meeting	Upperco, MD	
02/10/2022	8:00am - 4:00pm	Southern MD Veg & Fruit Meeting	Brandywine, MD	
02/11/2021	8:00am - 4:00pm	Women in Ag Conference	TBA	

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02/16/2022	8:00am - 12:30pm	Eastern Shore Vegetable Growers Meeting	TBA	
02/23/2022	8:30am - 3:30pm	Tri-County County Agronomy Meeting	Frederick, MD	
03/04/2022	8:00am - 1:00pm	Queen Anne's Agronomy Meeting	Centreville, MD	
03/30/2022	10:00am - 3:00pm	Lower Shore Agronomy Meeting	Princess Anne, MD	

COVID-19 Resources

<https://extension.umd.edu/programs/agriculture-food-systems/program-areas/integrated-programs/farm-stress-management/covid-19-resources>

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Observe

What do you see?

Physical and Mental
Emotional and Behavioral
Social and Relational

Engage

How do you respond?

Validate Feelings
Show Empathy
Offer Support

Share

Where are the resources?

Referral Resources
Financial Resources
Legal Resources

FOR MORE INFORMATION: go.umd.edu/farmfamily



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