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February 2022 Newsletter:

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.

Health and Wellness Programs Open to Public:

[Paying for Mental Health Care](#)

Date: February 7, 2022 | **Time:** 9:00 AM - 10:00 AM (EST) | **Cost:** Free

Location: Virtual

[Register](#)

[Family Communications and Estate Planning Workshop for Farm Families - Carroll County](#)

Date: February 12, 2022 | **Time:** 11:00 a.m – 1:00 p.m (EST) | **Cost:** Free

Location: Carroll County Ag Center, 706 Agricultural Center Dr, Westminster, MD 21157, USA

[Register](#)

See us Here:

Upcoming Events:			
02/10/2022	8:00am - 4:00pm	Southern MD Veg & Fruit Meeting	Brandywine, MD

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			Conference	
	02/15/2022	9:00am - 3:00pm	Harford County Agronomy Meeting	Street, MD
	02/16/2022	8:00am - 12:30pm	Eastern Shore Vegetable Growers Meeting	Cambridge Premier Cinemas
	02/23/2022	8:30am - 3:30pm	Tri-County County Agronomy Meeting	Urbana Volunteer Fire Hall
	03/04/2022	8:00am - 1:00pm	Queen Anne's Agronomy Meeting	Queen Anne's County 4-H Park
	03/30/2022	10:00am - 3:00pm	Lower Shore Agronomy Meeting	Princess Anne, MD
https://extension.umd.edu/news-events/news/agriculture-extension-winter-crop-production-meetings				

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.

Meet the Team:

Videos of the Month:

To learn more about managing stress within these areas check out the videos below!

[Prevent Burnout by Compassionate Productivity](#)

Video length: 13:00 | May 20, 2021

Watch this short video from educator Dhruti Patel to learn about compassionate productivity - what it is and how it can help you prevent burnout. [Watch video](#)

[Saying No](#)

Video length: 6:11 | May 19, 2021

Join Alex Chan as he discusses how to say "no" and what that means for our mental health. [Watch video](#)

Farm Stress Management in the News:


"It's On Us to Check on Each Other"

The Delmarva Farmer newspaper worked with UME throughout Mental Health Awareness month to publish our work on farm stress management. In response, they created an editorial about maintaining healthy relationships in our rural communities.

Read more at: <https://americanfarmpublications.com/its-on-us-to-check-on-each-other-editorial/>

COVID-19 Resources

[Program on Farm Stress Management COVID-19 Resources](#)



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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