Farmer to Farmer

You are not alone. Across the Southeast dairy farmers are struggling to cope with market losses. Reach out to a farmer below to talk:

Ron Arp  
Dairy Nutritionist  
Udder Nutrition  
Email: tn_vols2008@yahoo.com  
Phone: 865-809-3837

H.H. Barlow  
Kentucky Dairy Farmer  
Executive Director  
KY Dairy Development Council  
Email: Kddc@kydairy.org  
Phone: 859-516-1129

Stan Butt  
Tennessee Dairy Producers Assn.  
Executive Director  
Email: sreedbutt@gmail.com  
Phone: 931-698-0243

Calvin Covington  
Dairy Consultant & Lay Minister  
Email: ccovington5@cs.com  
Phone: 352-266-7576

Glen Easter  
South Carolina Dairy Farmer  
Email: eastglen@backroads.net  
Phone: 864-923-0286

Paul Johnson  
Georgia Dairy Farmer  
Large Animal Practitioner  
Email: pjohnson@usa.com  
Phone: 229-220-3170

Roddy Purser  
North Carolina Dairy Farmer  
Email: whiterockfarmsllc@gmail.com  
Phone: 704-221-1705

Please note:

1. The individuals above have experience in, and great love and concern for the dairy industry and its people. They are not trained mental health professional counselors, but have some life experience as listening ears, lay pastors, mentors and trusted confidantes.

2. Their time is voluntary and they are willing to be a ‘shoulder to lean on’ if you should wish to discuss challenges the dairy industry is facing and how those challenges affect you or your operation. They may or may not suggest a mental health professional for you to speak with further, depending on your situation.

3. This network should be considered as nothing more than it is - a means of providing producers the names of colleagues who are concerned for your future, and who are willing to accept the role of ‘listening ear.’ Someone wishing to ‘vent’ and call them does so at their own risk, and accepts all liability as a result of a call.
Caring for Yourself

Caring for your own health and wellness is just as important as caring for your farm. When you feel stressed or anxious, use one or more of these techniques to help yourself feel better.

**Breathe**
Take a deep breath. Let the air out slowly.
Do this five times.

**Self-encouragement**
Tell yourself you can get through this. You have come through rough times before, and you can do it again. You are strong and capable.

**Exercise**
Add an enjoyable physical activity to your day.
Just taking a short walk in the sunshine can be a big help in improving your mood and your health.

**Talk**
Reach out to someone you trust and talk it over. Connecting with someone else can help you to see things in a different way.

**Additional Resources**

- **National Suicide Prevention Lifeline: 1-800-273-TALK (8255)**
- **Georgia COVID-19 Emotional Support Line: 1-866-399-8938**
  This number provides 24/7 free and confidential assistance to callers needing emotional support or resource information as a result of the COVID-19 pandemic. The Emotional Support Line is staffed by volunteers, including mental health professionals and others who have received training in crisis counseling. Call the support line at 1-866-399-8938.
- **SAMHSA’s Disaster Distress Helpline, 1-800-985-5990**
  SAMHSA’s Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor.

**Information provided by the Mississippi State University Extension Service.**
HOW STRESS AFFECTS YOU

HOW STRESS AFFECTS YOUR BODY

From the list below, circle any of the physical symptoms that you frequently have when you are stressed.

<table>
<thead>
<tr>
<th>Heart races</th>
<th>Shortness of breath</th>
<th>Increased appetite</th>
</tr>
</thead>
<tbody>
<tr>
<td>High blood pressure</td>
<td>Dizziness</td>
<td>Tapping fingers</td>
</tr>
<tr>
<td>Sweaty palms</td>
<td>Neck feels sore</td>
<td>Muscle cramps</td>
</tr>
<tr>
<td>Face feels hot</td>
<td>Legs feel shaky</td>
<td>Backache</td>
</tr>
<tr>
<td>Tightness of chest</td>
<td>Upset stomach</td>
<td>Grind teeth</td>
</tr>
<tr>
<td>Fatigue</td>
<td>No appetite</td>
<td>Headache</td>
</tr>
<tr>
<td>Nausea</td>
<td>Feel like you are in a fog</td>
<td></td>
</tr>
</tbody>
</table>

HOW STRESS AFFECTS YOUR THOUGHTS OR FEELINGS

From the list below, circle any of the thoughts or feelings you frequently have when you are stressed.

<table>
<thead>
<tr>
<th>Easily angered</th>
<th>Nervous</th>
<th>Crying</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling depressed</td>
<td>Trouble making decisions</td>
<td>Restlessness</td>
</tr>
<tr>
<td>Lower sex drive</td>
<td>Irritable</td>
<td>Feeling bored</td>
</tr>
<tr>
<td>Exhausted</td>
<td>Cynical</td>
<td>Inability to sleep</td>
</tr>
<tr>
<td>Can’t concentrate</td>
<td>Aggressive</td>
<td></td>
</tr>
</tbody>
</table>

HOW STRESS AFFECTS WHAT YOU DO

From the list below, circle any of the things you may do when you are stressed.

<table>
<thead>
<tr>
<th>Undereating</th>
<th>Increase smoking</th>
<th>Sleeping to escape</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overeating</td>
<td>Taking drugs</td>
<td>Withdraw from people</td>
</tr>
<tr>
<td>Arguing</td>
<td>Drinking</td>
<td>Breaking things</td>
</tr>
<tr>
<td>Stop doing things I like to do</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

To learn more, visit msue.msu.edu/managingfarmstress.
STRESS

REFLECT

Think of any moment that made you feel comforted and content. Close your eyes and relive that moment.

THINK “B-R-A-I-N.”

B = Breathe. Breathe deeply 5 times. Release the air slowly.

R = Relax. Tell yourself to relax, whether in your head or out loud. Notice areas of tension in your body, and try to release that tension.

A = Ask yourself what you need or want to feel. We usually ask why the other person is such a jerk or why we goofed up. Instead, ask yourself what you need to feel: calm, in control, at peace, and other comforting feelings.

I = Imagine feeling that way.

N = Now, after doing those four things, ask yourself, “How do I feel now?”

SELF-TALK

Tell yourself you can get through it. You have come through rough times before. You can do it again. You have gotten through difficult situations.

EXERCISE

Physical activity can help to lessen cortisol in the body and protect against negative impacts of stress (Puterman et al., 2012; Hamer, 2012; Heaney et al., 2014). What physical activity might you be able to add in that you would enjoy? Even taking a short walk can improve our mood and heart health (McGuire & Ross, 2011; Hansen et al., 2001).
REFERENCES


To learn more, visit msue.msu.edu/managingfarmstress.

Michigan State University Extension

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helpful resources

SAMHSA’s Disaster Distress Helpline

Toll-Free: 1-800-985-5990 (English and Español)
SMS: Text TalkWithUs to 66746 SMS (Español): “Hablamos” al 66746
TTY: 1-800-846-8517

disasterdistress.samhsa.gov
disasterdistress.samhsa.gov/espanol

Georgia Crisis and Access Line (GCAL)

Toll-Free: 1-800-715-4225
Georgia’s 24/7 toll-free line staffed by licensed mental health professionals.
Language assistance available.
dbhdd.georgia.gov/access-services

Treatment Locator

Behavioral Health Treatment Services Locator
findtreatment.samhsa.gov/locator/home

National Suicide Prevention Hotline

Toll-Free: 1.800.273.8255
Contact the National Suicide Prevention Life-line right away if you or someone you know threatens to hurt or kill him or herself or someone else, or talks or writes about death, dying, or suicide.

You are not alone.
Across the state and nation farmers struggle to cope with the effects of natural disaster.

Find help inside.

“Devastating would be the main word I would use, but I’d also say we are fortunate and blessed. Even though it’s hard to look at it that way.”
-Stuart Griffin, Georgia farmer

agrar.pea.georgia.gov/disaster-relief
Use credible sources to keep informed about new information and developments, but avoid overexposure to news broadcasts of the event.

Learn about what resources are available to aid you and others affected by the tragedy. Seek resources if needed. Contact your local EMA.

Talk to friends, family, or colleagues who likely are experiencing the same feelings. Spend time with friends and family.

Get adequate rest, eat healthy meals, and drink plenty of water. Avoid excessive amounts of caffeine or alcohol and the use of tobacco or illegal drugs.

Maintain a normal family and daily routine, limiting demanding responsibilities on yourself and your family.

Use relaxation methods such as breathing exercises, meditation, calming self-talk, or soothing music. Get plenty of exercise.

DIGESTIVE ISSUES

HEADACHES/PAIN

FATIGUE/LOSS OF ENERGY

EASILY STARTLED

TREMBLING

RAPID HEART RATE

WEAKNESS

SWEATING OR CHILLS

SHOCK/DENIAL

FEAR/ANXIETY

ANGER OR IRRITABILITY

SADNESS

FEELINGS OF HOPELESSNESS

GUilt

NUMBNESS

GRIEF

MOOD CHANGES

Forgetfulness

Difficulty Concentrating

Difficulty Making Decisions

Dreams/Nightmares of Event

Confusion or self-doubt

“Flashbacks” of Crisis Event

"My motto has been adapt and overcome through this whole thing.” Sheila Rice, Georgia Farmer after Hurricane Michael