

Managing Stress and Pursuing Wellness in Times of Tight Margins

Brief Lesson 3 Cultivating a Productive Mindset

Sean Brotherson, Ph.D., Extension Family Science Specialist
Suzanne Pish, M.A., C.F.L.E., Extension Educator
Michigan State University Extension

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To obtain the PowerPoint file for this presentation,
please email Charlotte Shoup Olsen, colsen@ksu.edu.

One Powerful Factor = Mindset





*Let's
Go
Places*

Oh gosh I'm so stressed.

|| ▶ 🔊 0:00 / 3:19



This video can also be viewed at <https://www.youtube.com/watch?v=8IUZjCSkbrc>

Mindset Tactics

- Self-talk
- Use your breath
 - Mindfulness
- Acceptance

Self-talk

Be careful
how you
are talking
to yourself
because you
are listening.

~Lisa M. Hayes

Try using three words to tell yourself to help maintain the mindset you want to keep:

- Calm
- Capable
- Controlled

Use Your Breath

**When faced
with a
challenge,
first use
your breath.**

Breathe...
Have faith...
Everything
will be
fine.

Q U O T E D I A R Y . M E

Mindfulness



Mind Full, or Mindful?

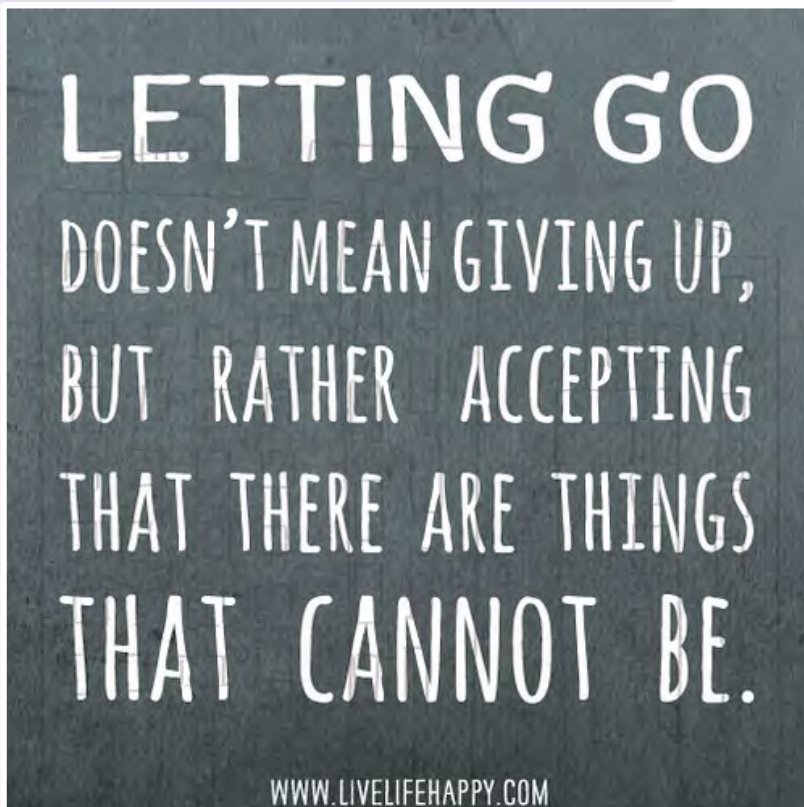
3-Minute Breathing Space

You can watch the video on YouTube:

<https://www.youtube.com/watch?v=SEfs5TJZ6Nk>



Acceptance



Try making the word “accept” a part of your self-talk and using deep breathing as a time to pause, accept and begin problem solving.

Mindfulness Resources

- **Breathe2Relax App** – Breathe2Relax is a portable stress-management tool and breathing exercise. Breathe2Relax can be used as a stand-alone stress-reduction tool. Available at: <http://t2health.dcoe.mil/apps/breathe2relax>
- **StopBreatheandThink App** – A useful app to help you stop, breathe and think every day, practicing emotional wellness. Available at: www.stopbreathethink.org/

Mindfulness Resources

- **Call 2-1-1** – Statewide 24-hour helpline, health and human services information and referral
- **Refer to a local health-care provider or mental health professional.** If you or someone you know needs help, contact and connect with a local professional such as a clergy member, medical professional, law enforcement, school counselor or social worker.
- **National Suicide Prevention Lifeline:**
1-800-273-8255 (TALK)

Visit the K-State Families website for more information about families and stress:
www.ksre.ksu.edu/families

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Managing Stress and Pursuing Wellness in Times of Tight Margins

Brief Lesson 3
**Cultivating a
Productive Mindset**

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Lesson Introduction – Managing Stress and Pursuing Wellness in Times of Tight Margins

Brief Lesson 3 – Cultivating a Productive Mindset

Briefly identify the lesson topic. If planned, take a few moments to share your perspective on the importance of cultivating a productive mindset as a useful strategy for managing stress in agriculture.

One Powerful Factor = Mindset




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Managing Stress and Pursuing Wellness: Cultivating a Productive Mindset

Key Points:

- Farmers and those working to support them have limited or no ability to control many factors in agriculture. Beyond the uncertainty of the weather, destructive crises such as disease outbreaks and short-term incidents such as machinery breaking down or accidents can and do occur.
- One powerful factor that we, as individuals, always have the opportunity to control is our **mindset**.
- Farmers and others in the agricultural industry have a tendency to be eternal optimists; however, with all of the variability in agriculture, at times, we can become overwhelmed and stressed more than normal.


TOYOTA

**Let's
Go
Places**

Oh gosh I'm so stressed.

0:00 / 3:19

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Managing Stress and Pursuing Wellness: Cultivating a Productive Mindset

Key Points

- Stress is made apparent in a variety of ways as a person responds physically, mentally or emotionally to existing pressures or concerns. Each person is affected differently.
- **Discussion activity** – Watch this short video regarding what stress does to our body (three minutes, 40 seconds). Note to presenters: If the video is not embedded, use the YouTube link. Wait briefly for the video to “load” and until the Play button in the center of the video turns red to begin the video embedded in the presentation. Explore participant reactions to the information presented in the video.
- **Video on YouTube:** <https://www.youtube.com/watch?v=8IUZjCSkbrc>

Mindset Tactics

- Self-talk
- Use your breath
 - Mindfulness
- Acceptance

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Managing Stress and Pursuing Wellness: Cultivating a Productive Mindset

Key Point

- To manage stress more effectively, consider your mindset and how to take steps to use it to your advantage.
- Share resource – Share the Extension fact sheet “How to Cultivate a Productive Mindset” from MSU Extension.
- Having the right mindset can help a person increase productivity and resiliency, so we are better prepared when times are tough. Also, it helps us be more able to manage our farms and take care of our families and ourselves.
- Think of your mindset as a free tool you can use to save time and energy, and get the most out of what you do.
- Here are three mindset tactics you can cultivate to be more productive:
 - Self-talk
 - Use your breath (mindfulness)
 - Acceptance

Self-talk

Be careful
how you
are talking
to yourself
because you
are listening.

—Lisa M. Hayes

Try using three words
to tell yourself to help
maintain the mindset
you want to keep:

- Calm
- Capable
- Controlled

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Managing Stress and Pursuing Wellness: Cultivating a Productive Mindset

Key Point

- The first strategy to employ in developing a productive mindset is to use self-talk. Self-talk is the process of calming your mind by repeating key messages in your mind.
- The body hears what the mind thinks. So choose your thoughts with purpose. Tell yourself that you can overcome any challenge. You can adapt. You have come through rough times before. You can do it again.
- You can't always avoid difficult situations, but you can choose the thoughts you have when you experience them. Try choosing three words to tell yourself to help maintain the mindset you want – such as **calm, capable** and **controlled**. You may choose a different set of words if they work for you.

Use Your Breath

**When faced
with a
challenge,
first use
your breath.**



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Managing Stress and Pursuing Wellness: Cultivating a Productive Mindset

Key Point

- The next strategy to employ in developing a productive mindset is to use your breath. Controlled and conscious breathing is a simple process designed to relax your body and calm your mind.
- **Application activity – Use Your Breath**
- When faced with a challenge, first use your breath. Deep breathing calms the mind and can help you focus. It also can reduce chronic pain and improve sleep.
- Try breathing deeply five times, releasing the air slowly. Combine deep breathing with self-talk to boost productivity and stay on task.
- Breathing exercises have been documented to decrease the body’s “fight-or-flight” (stress) response, and help with mood stabilization, anger control and anxiety management.
- One great way to use your breath is to practice mindfulness.

Mindfulness



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Managing Stress and Pursuing Wellness: Cultivating a Productive Mindset

Key Point

- Research has shown that practicing mindfulness is effective in reducing stress-related symptoms such as worry, depression and physical tension, and may be helpful in managing chronic conditions such as cardiac disease and diabetes.
- **Definition** – Mindfulness is:
 - Paying attention
 - On purpose
 - In the present moment – “here and now”
 - With a nonjudgmental attitude

3-Minute Breathing Space

You can watch the video on YouTube:
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Managing Stress and Pursuing Wellness: Cultivating a Productive Mindset

Key Point

- The use of mindfulness as a strategy for cultivating a productive mindset involves the practice of controlled breathing. A brief practice called the “3-Minute Breathing Space” can introduce us to this process.
- **Discussion/Application activity** – Watch this short video on mindful breathing to understand the process of mindfulness (three minutes, 20 seconds). Here’s the link to it: <https://www.youtube.com/watch?v=SEfs5TJZ6Nk>
- **Note to presenters – at this time the video is not embedded.** Encourage participants to follow along and try what is presented. Explore participant reactions to the information presented in the video.
- Any activity can be mindful, but breathing is a great place to start. Why?
 - It is easy to notice
 - Always with us — many opportunities throughout the day
 - Returns us to the present moment — calming
 - Relaxes the diaphragm and gastro-intestinal system
 - Natural tranquilizer — reduces stress, anxiety and depression

Acceptance

LETTING GO
DOESN'T MEAN GIVING UP,
BUT RATHER ACCEPTING
THAT THERE ARE THINGS
THAT CANNOT BE.

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Try making the word “accept” a part of your self-talk and using deep breathing as a time to pause, accept and begin problem solving.

Managing Stress and Pursuing Wellness: Cultivating a Productive Mindset

Key Point

- Another strategy to employ in developing a productive mindset is to **use acceptance**. Acceptance involves making a conscious decision to relax, understand certain things may be beyond your control, and accepting that reality and instead focusing on solutions.
- When things are beyond your control, the most productive step you can often take is to accept it.
- Making acceptance a part of your mindset can save you time and energy by letting you focus on the solution instead of getting frustrated by the problem.
- Try making the word “accept” a part of your self-talk and using deep breathing as a time to pause, accept and begin problem solving.

Mindfulness Resources

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Key Point

- Practicing mindfulness can be assisted by apps that can be used on your phone or other portable devices. Two useful resources are listed in the slide:
- **Breathe2Relax app** – Breathe2Relax is a portable stress-management tool and breathing exercise. Breathe2Relax can be used as a stand-alone stress-reduction tool. Available at <http://t2health.dcoe.mil/apps/breathe2relax>
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- **National Suicide Prevention Lifeline:**
1-800-273-8255 (TALK)

Key Point

If an individual feels a need to access mental health support or services, or if a person feels concern about an individual he/she knows who is under stress and may have difficulty coping or is suicidal, the resources listed here provide a starting point for information in North Dakota. Other states should identify helplines or other resources of use in that state.

Visit the K-State Families website for more information about families and stress:
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