

Healthy Farmers, Healthy Farms



OCCUPATIONAL PSYCHOLOGIST – BUSINESS COACH
SPEAKER – AUTHOR, M.Ps., CHRP

pierrette@pierrettedesrosiers.com
www.pierrettedesrosiers.com T 819-849-9016

All rights are reserved©

Outline

- Psychological health in numbers
- Sources of stress
- C.U.N.E.
- 5 candidates for burnout
- Signs and symptoms of psychological distress
- What should I do if my neighbour seems distressed?

Farmers' Mental Health

(Andria Jones-Bitton, University of Guelph, 2015-2016)

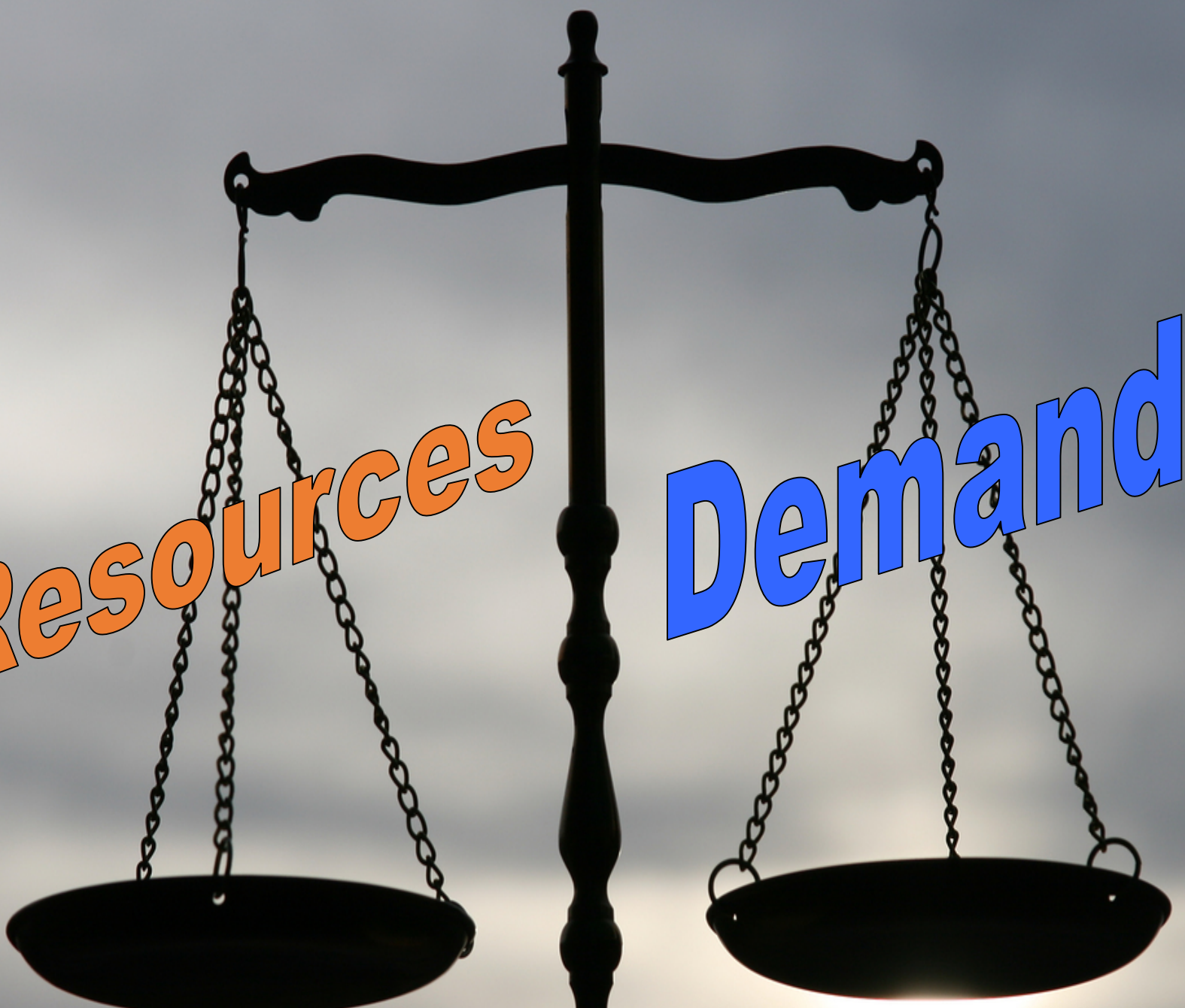
- 45% have a high level of stress
- 58% anxiety (varying levels)
- 35% depression (varying levels)
- 40% feel uneasy getting professional help (stigma)
- More than 75% think professional help would be beneficial

(Canadian Dairy Farmers)

Ginette Lafleur's study *1

	Quebec dairy farmers (men) 2010-2011 Ginette Lafleur.(*1)	CCHS 2012 (Quebec men) *2
Perceiving elevated stress on a daily basis	41.5%	19.7%
	Quebec dairy farmers (men) K6, 2010-2011 (*1)	EQSP 2008 *3 (Quebec men)
High level on the psychological distress index	45.6	18.2
	Quebec dairy farmers (men) 2010-2011 *1	CCHS 2007-2008 *4 (Quebec men)
High level of social and informational support	31.8%	87%



A black silhouette of a balance scale is centered in the image. The left pan is lower than the right pan, indicating it is heavier. The word 'Resources' is written in orange, slanted, bold letters across the left pan. The word 'Demands' is written in blue, slanted, bold letters across the right pan. The background is a light gray gradient.

Resources

Demands

Sources of stress

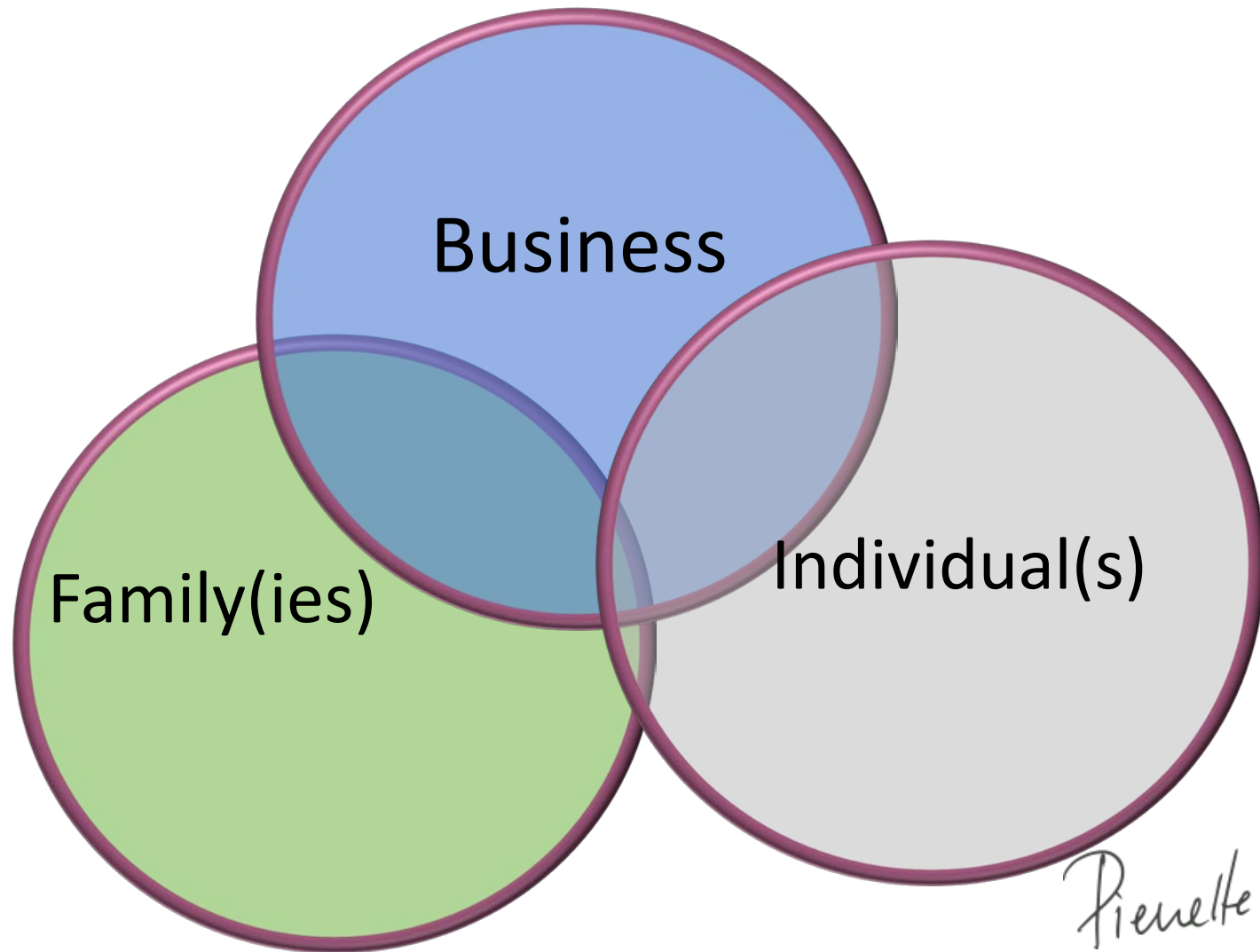
- Milk prices, debt
- Uncertainty (NAFTA)
- The weather
- Working with living things
- Technology
- Equity issues, envy among siblings

Sources of stress (2)

- Lack of labour, work overload
- Long-term co-management
- Lack of a succession plan, end of the family business
- Standards, animal health, the environment, social networks
- Paperwork, bureaucracy



Overlapping systems



Rienette Desrosiers

C.U.N.E. (Sonia Lupien)

- Control
- Uncertainty
- Newness
- Ego (threats)



Are you a candidate for burnout/psychological distress?

(Adapted from: Jacques Lafleur : *Le
burnout – questions et réponses*
[Burnout: questions and answers])



1) The workaholic

- Always takes on more: more clients, more committees, more tasks, more cows...
- Workhorse
- Tasks are doable in small amounts, but not feasible beyond a certain point
- Personality style: Good guy or good girl

2) The saviour

- Superman or superwoman
- Promises to deliver the goods even if it's impossible
- Takes on challenges that no one else can achieve
- Personality style: Needs to be admired

3) The perfectionist

- Strives to do everything perfectly
- Thinks that if they let their guard down for even a second it will lead to catastrophic consequences
- Personality style: Perfectionist

4) The courageous

- Works a job that doesn't suit them
- Doesn't think they can quit their job
- It's not the number of tasks they're afraid of—it's facing them
- Personality style: Victim

5) The ambitious

- Has an insatiable need for money, prestige, power or recognition
- Sacrifices their life and that of others
- Constantly feels threatened by those who have more than them
- Competitive
- Personality style: Careerist/keeping up with the Joneses



Physical signs and symptoms

- ✓ Migraines
- ✓ Stomach aches
- ✓ Insomnia
- ✓ Stiff neck and shoulders
- ✓ Chronic fatigue
- ✓ Back aches



Cognitive signs and symptoms

- ✓ Trouble thinking or concentrating
- ✓ Difficulty making decisions
- ✓ Poor judgment
- ✓ Forgetfulness
- ✓ Lacking a sense of humour
- ✓ Overall pessimism

Emotional signs and symptoms

- ✓ Crying more than usual
- ✓ Nervousness, anxiety
- ✓ Depression
- ✓ Low self-esteem
- ✓ Anger and hatred toward others
- ✓ Dissatisfaction, demotivation
- ✓ Suicidal thoughts

Behavioural signs and symptoms

- Escaping through alcohol, drugs, medication, sex, Facebook, games...
- Change in libido (+ or –)
- Change in appearance, weight
- Irritable, critical of others
- Procrastination
- Excessive behaviour (sports, shopping, work)

What should I do if I'm worried about a loved one?

- Reach out:
 - How are you?
 - I'm worried about you.
- How can I help? (respect your limits)
 - Functional help: hay, food
 - Emotional help: listen, share
- Set up an appointment for them, go with them

What should I do if I'm worried about a loved one?

- What would you do if I needed help?
- Ask the question directly:
 - Have you thought of killing yourself?
 - H. W. W. (how, where, when)
- Check with available resources
- Empathy, kindness, compassion, no judgment

Develop coping skills

- Emotional management
- Change management
- Communication and conflict management
- Time and priority management
- Work-family balance

In conclusion

- Healthier farmers
- Healthier farms

For us and for our future generations!

Healthy Farmers, Healthy Farms



OCCUPATIONAL PSYCHOLOGIST – BUSINESS COACH
SPEAKER – AUTHOR, M.Ps., CHRP

pierrette@pierrettedesrosiers.com
www.pierrettedesrosiers.com T 819-849-9016

All rights are reserved©

References – Bibliography

- <https://www.domore.ag/resources/>
- <http://www.passeportsante.net/fr/AudioVideoBalado/Balado.aspx>
- <http://www.coherencecardiaque.ca/>
- <http://www.psychologie-positive.net/>
- <https://news.uoguelph.ca/2016/06/farmers-need-want-mental-health-help-survey/>
- <https://feelinggood.com>
- <http://pierrettedesrosierspsycoaching.com/blog/>
- <http://pierrettedesrosierspsycoaching.com>

- Auger, L. *S'aider soi-même*, Montréal: Les Éditions de l'Homme, 1974.
- Ashkanasy, N. M., Zerbe, W. J., and Hartel, C. E. J. (Eds.). *Managing Emotions in the Workplace*. M. E. Sharpe, 2002.
- Biswas-Diener, R. *Practicing Positive Psychology Coaching*. New Jersey: John Wiley and Sons, Inc., 2010.
- Burns, D. D. *Feeling Good: The New Mood Therapy*, New York: Harper Collins, 1980.
- Covey, S. R. *First Things First*. Free Press, 1996.



- Ciarrochi, J., and Mayer, J.D. (Eds). *Applying Emotional Intelligence: A Practitioner's Guide*. Psychology Press, 2007.
- Desrosiers, P. *Le succès, ça se cultive*. Volume 1 and Volume 2. Saint-Herménégilde: Pierrette Desrosiers Psychoaching, 2010.
- Desrosiers, P. *Survivre à la réussite*. La vie agricole, 2011.
- Ellis, A. *Dominez votre anxiété avant qu'elle ne vous domine*. Montréal: Les Éditions de l'Homme, 1999.
- Seligman, M. E. *What You Can Change and What You Can't: The Complete Guide to Successful Self-Improvement*. New York: Vintage, 2007.



- Desrosiers, P. *Survivre à la réussite*. La vie agricole, 2011.
- Ellis, A. *Dominez votre anxiété avant qu'elle ne vous domine*. Montréal: Les Éditions de l'Homme, 1999.
- Goleman, D. *Emotional Intelligence: Why It Can Matter More Than IQ*. Bantam, 2012.

- Rock, D. *Your Brain at Work*. United States: Harper Business, 2009.
- Stein, S. J. and Book, H. E. *The EQ Edge*. Toronto: Stoddart Publishing, 2000.
- Seligman, M. E. *What You Can Change and What You Can't: The Complete Guide to Successful Self-Improvement*. New York: Vintage, 2007.
- Vries, M. K. *The Leadership Mystique*. London: Prentice Hall, 2001.

- (*1) Lafleur, G. (October 26, 2017). *Comment se porte la santé psychologique des agriculteurs? Présentation des résultats d'enquêtes concernant les préoccupations, le stress, la détresse et le suicide en milieu agricole* [How is farmers' mental health? Presentation of survey results regarding concerns, stress, distress and suicide in the agricultural sector]. Workshop given at the 2017 Rendez-vous de la formation of the Ordre des psychologues du Québec.
- (*2) CCHS 2002 and 2012 Statistics Canada. *Canadian Community Health Survey – Mental Health, 2002 and 2012, public use microdata files (PUMF)*. Adapted by the Institut de la statistique du Québec.
- (*3) EQSP 2008 Institut de la statistique du Québec. *Enquête québécoise sur la santé de la population [Quebec population health survey], 2008*.

- (*4) CCHS 2007-2008 Camirand, J. and Dumitru, V. (2011). *Profil et évolution du soutien social dans la population québécoise. Série Enquête sur la santé dans les collectivités canadiennes* [Profile and evolution of social support in the Quebec population. Canadian Community Health Survey Series] (Zoom santé, No. 29, October 2011). Institut de la statistique du Québec. Accessed at <http://www.stat.gouv.qc.ca/statistiques/sante/bulletins/zoom-sante-201110.pdf>
- EQCOTESST Institut de la statistique du Québec. *Enquête québécoise sur des conditions de travail, d'emploi et de santé et de sécurité du travail* [Quebec survey of work, employment and occupational health and safety conditions], 2007-2008.