



FARM WELL NEWSLETTER

THE BI-WEEKLY NEWSLETTER OF FARM WELL WI

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NAMING HAPPY MOMENTS

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Spring is technically here, but it sure hasn't sprung into action yet; instead winter seems determined to stick around as long as possible. I'm a sunrise person. I usually drink a cup of coffee or do the dishes as I watch the sun rise over the Blue Mounds. I just heard a stat from a colleague that we haven't had four clear, sunny days in a row since NOVEMBER. Spending time in direct sunlight is one to address the seasonal fatigue and depression that I have come to know in recent years. Not long ago I found something else that helps me overcome the gray sky doldrums: naming happy moments and feelings of thankfulness aloud while I am experiencing them.

In the fall of 2021, I was invited to attend a public storytelling workshop called, "The Lab." The Lab grew out of a community conversation series called, "The Water We Swim In." The Water We Swim in group meets virtually on the first Friday of every month. At it, one person from our community shares a story about the cultural norms they grew up with in southwestern Wisconsin—the water they swam in—and how that water has impacted their mental and behavioral health. The tough thing about culture is that the longer we are "swimming" in it, the more invisible it becomes to us. Stories are powerful due to their ability to create change how we perceive our daily lives and how we choose to live in our communities. By shining a light on various topics of concern and then processing the information together via conversation we are able to work towards changing the culture (norms of acceptable and unacceptable behaviors, what we can talk about, how we offer support to everyone in our communities) in southwest Wisconsin for the better.

[Continues on page 2]



Drug Take Back Day is April 30th, 2022

Start your spring cleaning with safe disposal of prescription medications at Iowa County Take Back locations:

- **Iowa County Sheriff's Office**
109 Leffler St. Dodgeville, WI 53533
608-930-9500
Hours: 24 hours in the Jail Lobby at the Sheriff's Office
- **Dodgeville Hometown Pharmacy**
316 W Spring St. Dodgeville, WI 53533
Hours: M-F 8:00 a.m.-6:00 p.m.
Sat 8:00 a.m.-1:00 p.m., Closed Sundays
- **Highland Police Department**
530 Main St, Highland, WI 53543
Sat 10:00am to 2:00pm
Contact Chief Swinehart for more information at 608-574-4615

You Should Know About - The Wisconsin Farmers Market Association

Looking for a farmers' market in your neighborhood or as a travel destination? Farmers' markets are an excellent way to get to know a community, find local food and other products. Just click on the map of Wisconsin or select a county for a list of farmers markets, their schedule and products available. [Click Here](#) for website.



Check your Narcan® expiration dates and get refills through Iowa County Narcan® Direct Distributors

- Unified Community Services 608-885-0711
- SWCAP/Recovery Pathways 608-658-2275
- Free Narcan® Nasal Spray is also available through the WI Department of Health Services Narcan® Direct program. [Click Here](#)

UPCOMING EVENTS

UW Extension - Raising Wisconsin's Children (Fathers)

- **Virtual Series - Thursdays**
- **7:00PM-8:00PM CT**
- [Link](#) to register for all topics

Having Productive Farm Meetings

- **Virtual - Tue, 4/19**
- **12:00PM CT**
- [Learn More & Register Here](#)

COMET Catch-Up & Connect- Adding Microskills to Your Tool Bag

- **Virtual - Tue, 4/26**
- **6:30PM-7:30PM CT**
- [Zoom](#) to join

Contact s.monson@swcap.org if
you have any questions



After attending several community conversations, and even sharing a personal story of my own at the Water We Swim In, I decided to make a change. I now believe we have more control over our beliefs and thoughts than we often realize. I thought about the problem. My problem is with a winter season that seems to be holding on for dear life. How can I combat that problem? I thought about it for a while and realized that I often times would think back on previous experiences from days and years ago and think how fun they were. I would find myself wishing I could go back to those moments or wanting to create more of them. I realized that in those moments, I wasn't fully immersing myself in the wonderful time with friends and family members. I wasn't stopping to say, "This has been one of the most fun days I've had in a long time."

I thought about how to recognize when I am feeling happy and fulfilled. What could I do to recognize when I was feeling alive, sharing a laugh, and having fun in the moment when it was occurring? Moving forward in life, I've decided I want to fully immerse myself in moments that are fulfilling and that I believe I will cherish, so I started naming them aloud. Maybe naming satisfying moments as they occur sounds simple and like it wouldn't make a big difference, but it has for me.

1. Take a moment and think through that process with yourself. When are you at your happiest or immersed in a fulfilling moment?

• Is it while golfing with friends? Getting your nails done at a spa? Is it taking a vacation with family or simply taking a ranger ride on your farm after a long days work? Find out what fills your cup.

2. Name your satisfaction out loud to the friends or family members that you are experiencing the moment with.

• "I feel completely fulfilled in this moment. The kids are laughing, we're catching up and it's the weekend." "What an awesome day for golf! Great company and conversation - this day couldn't get much better."

3. If you forget to stop and say out loud why an experience is going so well, reflect on your experience at the end of the day or even the next morning. You can still say how wonderful that moment was to your spouse or kids and they will likely appreciate it too; especially, if the experience was with them.

Of course, we can't always be happy, but what if we work to change our mindset to fully appreciate the good times in our life? Try it out as an experiment. Find your moments. Try to recognize when you're living them and express what you're experiencing and why you're enjoying it. Before you know it, you may find, like I did, that playing fetch with your dog or simply cleaning your home with your partner can blossom into a fulfilling moment of joy and happiness in your life.

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