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FARM WELL NEWSLETTER

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HOW STRESS CLOUDS DECISION MAKING (AND WHAT TO DO ABOUT IT)

WRITTEN BY JOHN SHUTSKE, AGRICULTURAL SAFETY AND HEALTH SPECIALIST

So, this has probably happened to all of us. You wake in the middle of the night to hear a violent downpour of rain, when things were already flooded and sloppy and you know you are already two weeks behind on field work. Or, the opposite—you watched the radar all day knowing that there's no way that desperately needed rain could miss you. But it does. Or, you get a phone call. Maybe the loan officer you were waiting to hear from delivers some bad news. Or it's a call from a loved one with some bad news about the health of a close family member.

You don't have to be a farmer for this to happen. Anyone who has run a business, worked, raised children, or been part of a close-knit family or community has encountered these kinds of stressors—things which cause us to have a stress response. The response is often one that throws us into a tizzy or creates a sense of panic or fear. These times also make thinking through what to do and how to act very difficult in the moment. This article has two parts. First, why does that happen? And, second, using that information, what can we do, especially when you need to make complex daily decisions as a result of the farm we operate, the business we own, the work we're employed in, or our role as a parent or caregiver.

Part 1 – Why Does Stress Cloud Our Decision Making?

First, a quick biology lesson. When something stressful happens, we all know how we feel. Our heart pounds, we might feel a burst of nervous "energy," or you get a phone call. Maybe the loan officer you were waiting to hear from delivers some bad news. Or...

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Featured Upcoming Event

In-Person COMET and SafeTALK training opportunities

- **COMET training at Hildebrand Memorial Library in Boscobel**
 - 9/15 - 4:30pm-6:30pm in the Club Room (downstairs) [RSVP Link](#)
- **SafeTALK trainings**
 - 9/20 - Reedsburg Area Medical Center 1:00pm-4:00pm [Registration Link](#)
 - 9/27 - The Richland Hospital 8:30am-12:00pm [Registration Link](#)
- [CLICK HERE TO SEE MORE UPCOMING EVENTS ON OUR CALENDAR](#)



Value of Being Proactive Instead of Reactive

If you've approached life in a predominantly reactive way up until now, perhaps it's time to try a different approach. Keep these tips in mind as you start to learn how to become more proactive:

Accept responsibility. While you might not have control of every aspect of your life, you can still take thorough charge of the parts that you do. When it comes to completing important tasks, do as much as you can to get them done long before you have to worry about running out of time or hitting other road bumps. If you notice a consistent behavior pattern leading to negative results, do your best to change it.

Click the link below to learn more from the Master Class staff's "Become More Proactive" article. [Click Here.](#)



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