

Supporting Farmers' Mental Health.

Join us for FREE sessions to help you maintain your mental fitness through the winter season. Weekly Sessions January – March 2022.



## SOWING THE SEEDS OF MENTAL HEALTH: SUPPORTING THE MENTAL HEALTH OF CANADIAN FARMERS FREE WEBINARS

*The Agricultural Health & Safety Network and the Canadian Centre for Health and Safety* in partnership with Farm Safety Nova Scotia, Canadian Agricultural Safety Association, AgSafe Alberta, AgSafe BC, and Ontario Federation of Agriculture are offering free webinar sessions on **Sowing the Seeds of Mental Health: Supporting the Mental Health of Canadian Farmers.**

*Hear about how humans respond to stress and the impact of emotional exhaustion.*

**WHEN:** Every Tuesday until March 8.

**TIME:** 1:00pm – 2:00pm (SK Time)

**Register Here:** <https://www.howatthr.com/events/transitioning-through-covid/>

If you are unable to watch the live webinars, they will be available at a later time by accessing the topic on the website (<https://www.howatthr.com/products-services/workplace-learning/sowing-the-seeds-of-mental-health/>)

### Next Scheduled Webinars:

*The sessions will be delivered by authors, columnists, and mental health experts, Dr. Bill Howatt and Dr. Dayna Lee-Baggley. The sessions will provide information and tips for maintaining your mental health and are 30 minutes long, followed by a 15-minute interactive Q&A session.*

**January 25, 2022: Why Mental Health Matters** – Learn about mental health in Canada and the difference between mental health and mental illness. Hear about mental fitness and the link between mental fitness, physical health and social connections. Review the mental health continuum and discuss improving personal resilience and coping.

**February 1, 2022: Feeling Less Overwhelmed and Tired** – Learn about the formula for feeling overwhelmed and what you can do to manage overwhelmed feelings. Learn how to recognize what is in your control and apply practice tips to reduce feelings of being overwhelmed and tired.

**February 8, 2022: Busting Self Stigma** – Learn how self-stigma can get in the way of seeking help when we need it. Understand specific steps that you can take to reduce self-stigma and promote help-seeking.

**February 15, 2022: Seasonal Work and Overall Wellness** – Learn how seasonal work can impact overall wellness. Learn to recognize signs and symptoms of stress and how it can affect our physical and mental wellbeing. Review five tips for improving your overall wellness.

**February 22, 2022: Tips for Taming Negative Emotions** – Learn how emotions can shape how we show up for ourselves and others. Learn the importance of recognizing negative emotions and five steps you can take to manage negative emotions.

**March 1, 2022: The Benefits of Monitoring Daily Charges and Drains** – Learn how to monitor your charges and drains and how external stressors and factors can impact your own personal charge. Understand four tips that can support you in generating a positive charge.

**March 8, 2022: Insulating for Irritability** – Learn what mental fitness is and what factors can contribute to irritability and signs of becoming irritable. Learn four tips for preventing and moving through irritability.