Weathering Tough Times

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Managing Drought Risk on the Ranch

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Whatever hits the fan will not be evenly distributed.
A Farm/Ranch Crisis is……?

- Individual crisis and transition
  - Both business and personal

- Family crisis and transition

- Community crisis and transition
Drought….a unique disaster:

- Slow moving
- No specific beginning or end
- Makes planning and response hard!
- Not much public response
Effective Coping Responses

Open Discussion
Valuing of Family
Participation in Professional Organizations
Use of Outside Experts / Consultants
Humor
Faith
Effective Communication

Who’s on the Board of Directors?
Who’s on the team and affected?
Who should be part of the decision making?
Meetings/regular information sharing
Conflict management
Listen to the emotions as well as the facts
Valuing of Family/

Vision and Mission Statement?
What is our purpose?
What is our most important product?
Family and business both have high value
– But don’t forget which is most important!!
Professional Involvement

New Ideas – Facts – Options
– What’s your source?
Humor
Faith

Optimism and Hope —

– What’s your source?
“Farmers and ranchers cling to the hope that the sliver of clouds on the western horizon will eventually turn into a substantial rainstorm.

However, the silver lining in the clouds along the western horizon is more than the moisture that lies within; it is also the bonds that people develop as they work together to ease anxieties caused by the drought.”
If it weren't for the STRESS
I'd have no energy at all.
Effective Change Managers Reach Out for:

- Information
- Understanding
- Emotional Support and Connection
- Financial / Legal / Career / Family Needs
- Problem Solving / Future Planning

During a crisis:
- All interrelated and happening simultaneously
- Have a plan created during the slow times! Work it!
Sources of Effective Helping

Who do we turn to?

• Family
• Friends/Neighbors
• Family Physicians / Ministers
• Business contacts (elevator / banker, etc)
• Bartenders/Hairdressers
• Professional Helpers (Helpers of Last Resort)
Signs of Depression

Feelings of sadness

Loss of interest in activities

Inability to experience genuine pleasure

Significant weight loss, not due to dieting or weight gain of more than 5% of body weight per month
Signs of Depression

- Excessive sleep and/or middle or late night insomnia
- Feelings of lethargy, but also feelings of agitation
- Loss of energy
Signs of Depression

Feelings of worthlessness/inappropriate guilt

Diminished ability to concentrate, preoccupation with negatives

Recurrent thoughts of suicide
You know you’re in ‘over your head’ when you…..

Feel persistently uncomfortable about the situation

Believe improvement is ‘impossible’ or the situation is ‘hopeless’
You know you’re in ‘over your head’ when you…..

Say ‘nothing is helping’ or what has been provided is not helpful

Experience obvious changes in speech, appearance, demeanor, etc.
You know you’re in ‘over your head’ when you…..

Are so emotional you can’t communicate

Have on-going deterioration of life

Only discuss physical complaints

Have sudden onset of memory loss or confusion
You know you’re in ‘over your head’ when you…..

Begin abusing substances (drug/alcohol)

Have hallucinations, delusions, severe pathologies

Make threats of self-harm or harm to others

Are aggressive or abusive (verbal or physical)

***If you’re unsure — refer***
Who Do I Talk To?

Kansas Agricultural Mediation Service
– K-State Financial Analyst Program
– Legal Information and Assistances
– Production Specialists
– Personal, Emotional and Family Support

County Extension Service
Minister
Doctor
Mental Health Center
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