

**Six Weeks to Improve Resiliency for Farmers**

Why is it that some farmers can handle a lot of stress? Researchers have examined differences and the key is your capacity for stress resilience. Resilience is important, as we are all subject to the unknown. While we cannot always anticipate when risk factors or stressful events enter our lives we can learn how to manage our response to stress. This **FREE**webinar series, **Six Weeks to Improve Resiliency for Farmers**, will equip you with tools and skills to effectively manage aches and pains, increase your resilience towards crises and stressful situations such as **COVID-19 related workforce, marketplace and business health challenges**, plus help you maintain steady energy throughout the day with enhanced focus and confidence.

**Week 1: Resilience: Navigating changes**

Thursday, April 9 from 12:10 - 12:40

Register at [https://zoom.us/webinar/register/WN\_W-X5\_f49RS-\_Xe6PS914Jw](https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fzoom.us%2Fwebinar%2Fregister%2FWN_W-X5_f49RS-_Xe6PS914Jw&data=02%7C01%7CDennis.Kaan%40colostate.edu%7Cdf8f06fe9ed44c1b885008d7d82fcd55%7Cafb58802ff7a4bb1ab21367ff2ecfc8b%7C0%7C0%7C637215572166723408&sdata=R6lfzpdNpSIQmSdTPCO08LRboxMdwd0gKTyU3%2FMf%2FuM%3D&reserved=0)

“It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change.” -Charles Darwin. In this session we’ll look at what helps build resilience and awareness, as well as a tool to organize your mind as you reassess priorities and respond to changing conditions.

The series dates are Thursdays, April 9, 16, 23, 30 and May 7 and 14.  Each session builds upon the last session, so you are encouraged to attend all.

Sessions are only 30 minutes for you to learn and get on with your day!  NOTE: separate registration for each session.

Week 2: Managing Daily Aches & Pains​

Week 3: Hands-on Tools for Stress Management​

Week 4: Exercises During Work​

Week 5: Tools for Insomnia​

Week 6: Lifestyle for High Performance Moving Forward​

See full series details and info about our instructor, Lauren Ziegler, at [https://coloradoproduce.org/covid-19](https://nam01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcoloradoproduce.org%2Fcovid-19&data=02%7C01%7CDennis.Kaan%40colostate.edu%7Cdf8f06fe9ed44c1b885008d7d82fcd55%7Cafb58802ff7a4bb1ab21367ff2ecfc8b%7C0%7C1%7C637215572166723408&sdata=eadYkk%2BPq0r%2B6M7Js8EvJaMQLIBPVLVZHclH%2FXQuZv8%3D&reserved=0)

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