

Emotional Wellbeing



Jason Haglund, MS, CDAC
Jason@RuralPolicyPartners.com

Disclaimer

The views expressed in this presentation are those of the speaker and do not necessarily represent the views, policies, and positions of the host.

Introductions...



Jason



State of Iowa,)
) ss.
BOONE COUNTY,)

Be it remembered that on this 25th day of April 1885

before me, R. J. Hopkins Clerk of the District Court, in and for said County and State, personally appeared J. B. Haglund

who, being duly sworn according to law, did depose and say that he is a native of Sweden now residing in Boone County, Iowa, that it is his bona fide intention to become a citizen of the United States of America, and to renounce forever all allegiance and fidelity to every foreign Prince, Potentate, State and Sovereignty whatever, and particularly Oscar & King of Sweden

of he whom was a subject,

J. B. Haglund

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Seal of the District Court to be attached at Boonsboro, Iowa, this 25th day of April 1885.

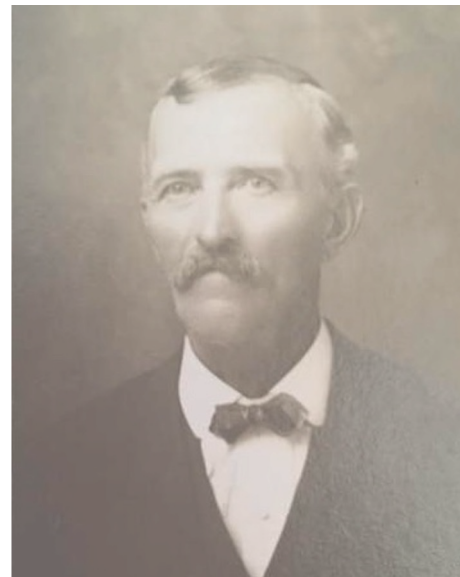
L. S.

R. J. Hopkins
Clerk of the District Court of Boone County, Iowa.
By J. J. S. Deputy.

State of Iowa,)
) ss.
BOONE COUNTY,)

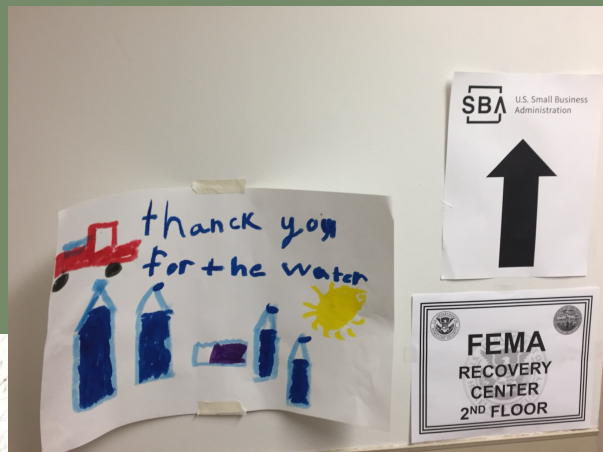
I, R. J. Hopkins Clerk of the District Court, do hereby certify that the above and foregoing is a true copy of the first paper of J. B. Haglund, a native of Sweden, as the same appears on file in my office at this date.

WITNESS MY HAND and the Seal of said District Court, the 25th of April 1885.



1899

RURAL
POLICY PARTNERS



The Past 3 Years have been Difficult in Rural America

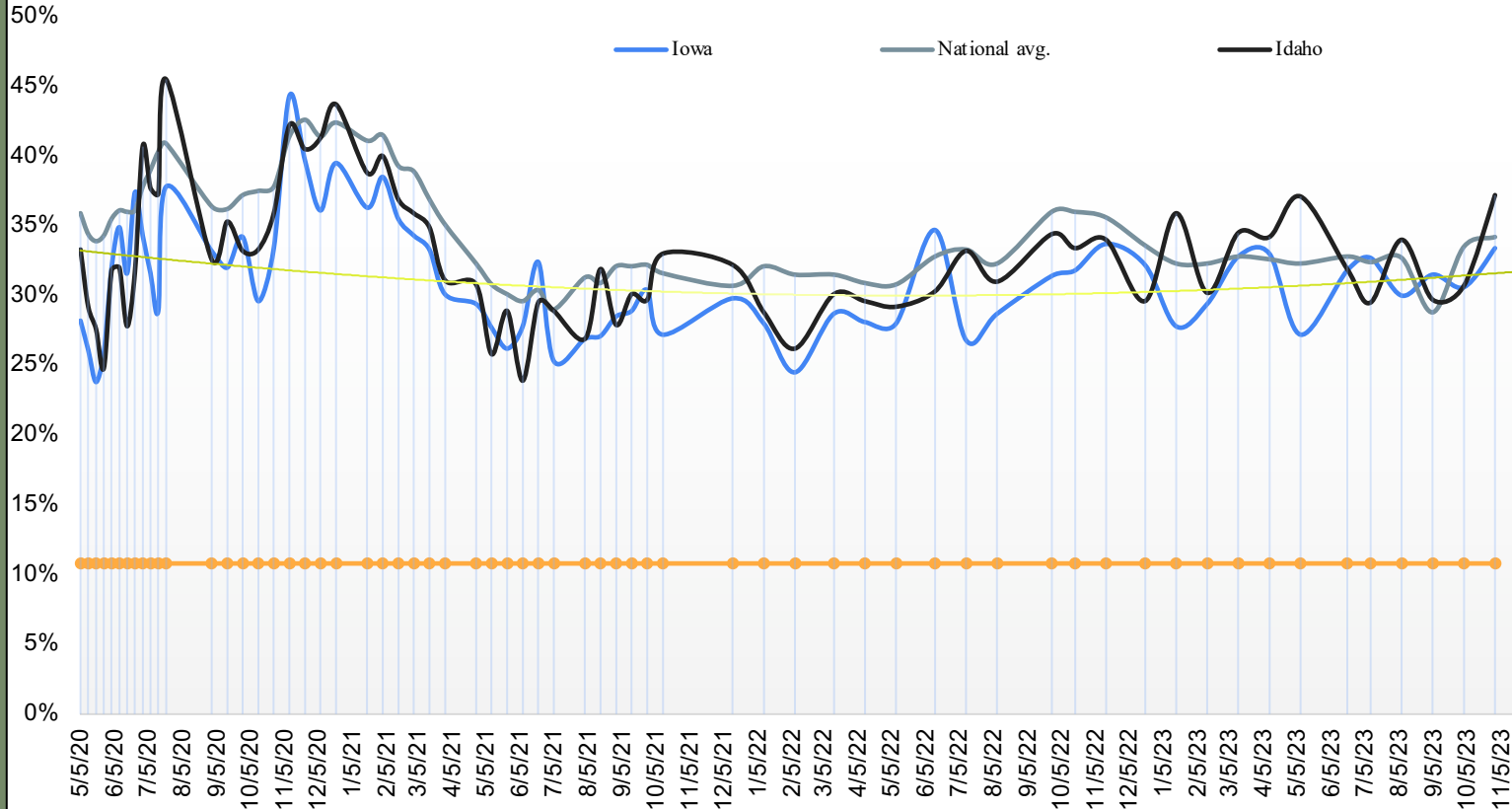
- Pandemic
- Derechos and Drought (extreme weather)
- Avian flu (bird flu)
- Social/Racial injustice
- Inflation
- Supply chain disruptions
- And it goes on and on...

Compounding emotional experiences all at once over a prolonged length of time contribute to collective trauma...

We All Experience...

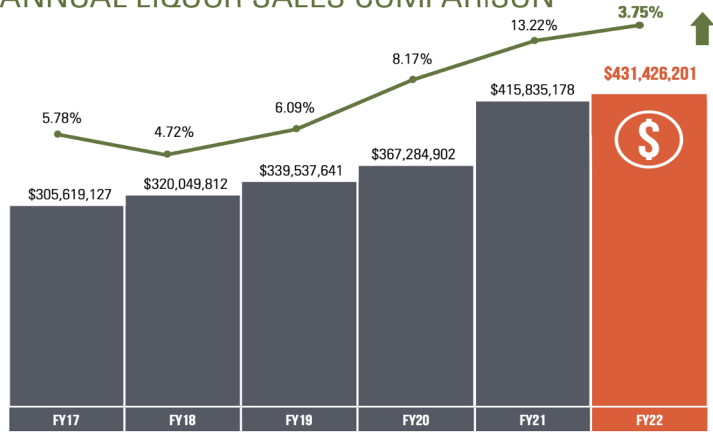
- Exhaustion
- Overload
- Sadness
- Hopelessness
- Languishing
- Demoralization
- Grief

Indicators of Anxiety and Depression



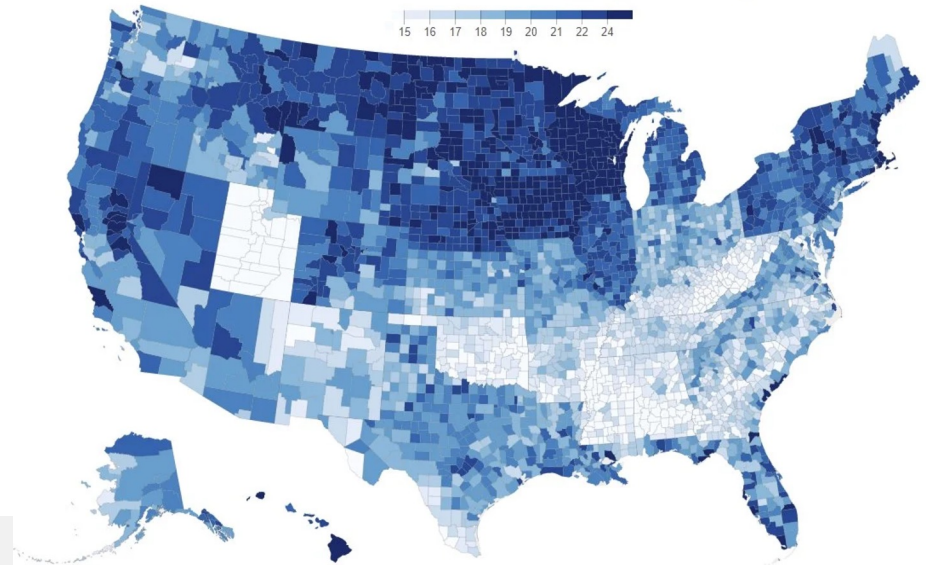
National Center for Health Statistics. U.S. Census Bureau, Household Pulse Survey, 2020–2023. Anxiety and Depression. Generated interactively: from <https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm>

ANNUAL LIQUOR SALES COMPARISON



Iowa Alcoholic Beverages Division Annual Report FY2022

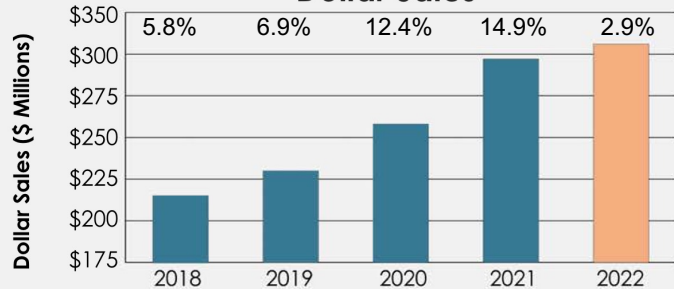
% Excessive Drinking by County



Data: County Health Rankings at countyhealthrankings.org by the University of Wisconsin

Map by Nicholas Pierson

Dollar Sales

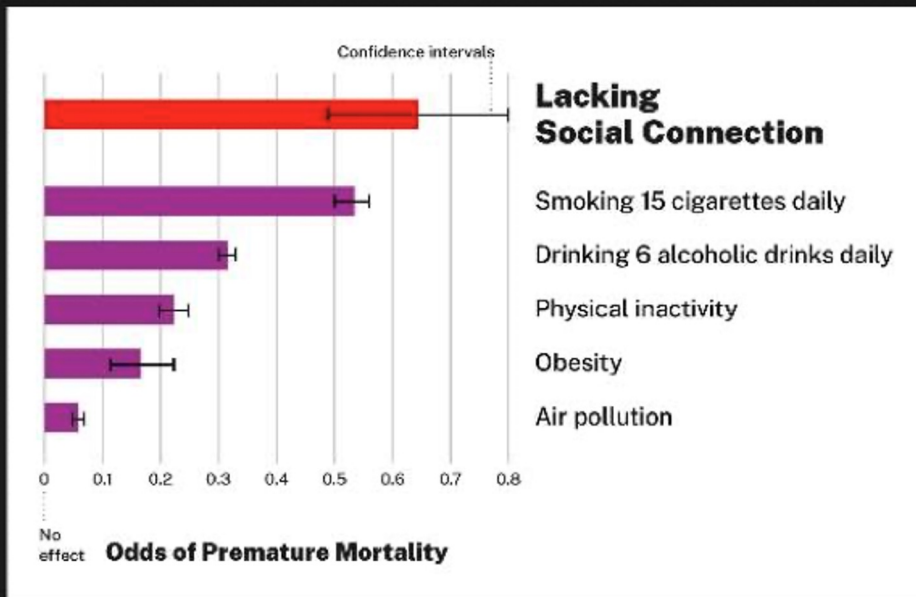


Dollar sales increased 42% from \$215 million in 2018 to \$306 million in 2022

Idaho State Liquor Division Annual Report FY2022



Lacking social connection is as dangerous as smoking up to 15 cigarettes a day.



Source: Holt-Lunstad J, Robles TF, Sberria DA. Advancing Social Connection as a Public Health Priority in the United States. *American Psychology*. 2017;72(6):517-530. doi:10.1037/amp0000103. This graph is a visual approximation.



Office of the
U.S. Surgeon General

Our Epidemic of Loneliness and Isolation

2023

The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community



RURAL
POLICY PARTNERS

Figure 1: Comparison of the Top 20 Rural Healthy People Priorities Selected Overall vs. by U.S. Census Region

Rural Healthy People 2030 Top 20 Priorities, Overall		Ranking by U.S. Census Region			
		Midwest (n=326)	Northeast (n=129)	South (n=339)	West (n=224)
1	Mental Health and Mental Disorders	1	1	1	1
2	Addiction	2	2	2	2
3	Health Care Access and Quality	3 (Tie)	4	4	3
4	Overweight and Obesity	3 (Tie)	5	3	6 (Tie)
5	Drug and Alcohol Use	5	3	5	4
6	Nutrition and Healthy Eating	6 (Tie)	6	6 (Tie)	5
7 (Tie)	Older Adults	10	8	9	6 (Tie)
7 (Tie)	Preventive Care	8	10	8	8 (Tie)
9	Diabetes	11	12 (Tie)	6 (Tie)	13
10	Economic Stability	6 (Tie)	9	10	11
11	Transportation	9	7	12	17
12	Cancer	12	12 (Tie)	11	19
13	Public Health Infrastructure	14	12 (Tie)	15	10
14	Housing and Homes	15 (Tie)	11	17	8 (Tie)
15	Workforce	13	16	21	11
16	Education Access and Quality	20 (Tie)	15	13	15 (Tie)
17	Health Insurance	17	20 (Tie)	19	15 (Tie)
18	Child and Adolescent Development	23	17 (Tie)	18	18
19	Hospital and Emergency Services	19	17 (Tie)	16	20
20	Chronic Pain	20 (Tie)	34 (Tie)	24 (Tie)	14

Rural Healthy People 2030; Common Challenges, Rural Nuances. Morgan Kassabian, MBA, Aakriti Shrestha, MPH, Timothy Callaghan, PhD, Janet Helduser, MA, Scott Horel, MAG, Natasha Johnson, MBA, Savanna L ispar, MHA, Jane Bolin, PhD, JD, BSN, and Alva O. Ferdinand, DrPH, JD. Southwest Rural Health Research Center Policy Brief May 2023



Stress is...





Stress and Capacity...

Initially stress reactions are helpful
As the stress reactions increase,
however, there is a greater chance that
they will *become maladaptive and*
disruptive

Resilience

- What is it?
- How do you get more of it?
- Where do you get it?

What can you really control?





Self care and wellbeing is all of our responsibility

- Requires everyone caring for each other
- Lean on each other
- Number 1 way you can directly impact burnout
- Stress is not the problem...strategies to cope and be well must be promoted...like safety and calm. Don't be stuck!

Make the most of what
you have...



Ready yourself for change....

- No cookie cutter approach
- At the kitchen table
- Bridge generational gaps
- Identify right problem
- Work with what you have not what you wished you had



Practice flexibility

- Old way is no longer working optimally
- Brainstorm new ways to look at the issue
- Don't let perfection overtake progress
- Just do it



Route (GPS)

Altitude	Distance
11.5	20.0
1.82	0.2
	1122.3

End
Paused



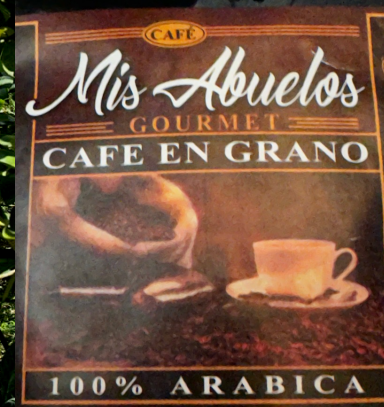
Be Collaborative: important ideas...

- Build new connections
- Nurture existing connections

It turns out that people who are more socially connected to family, to friends, to community, are happier, they're physically healthier, and they live longer than people who are less well connected.

~Robert J. Waldinger

New Connections



El café Mis Abuelos es cultivado en la Finca Rodríguez, en Mayagüez, Puerto Rico, a una altura de 2,000 pies. Se elabora utilizando en café de primera clase, observando detalladamente cada paso durante el proceso.

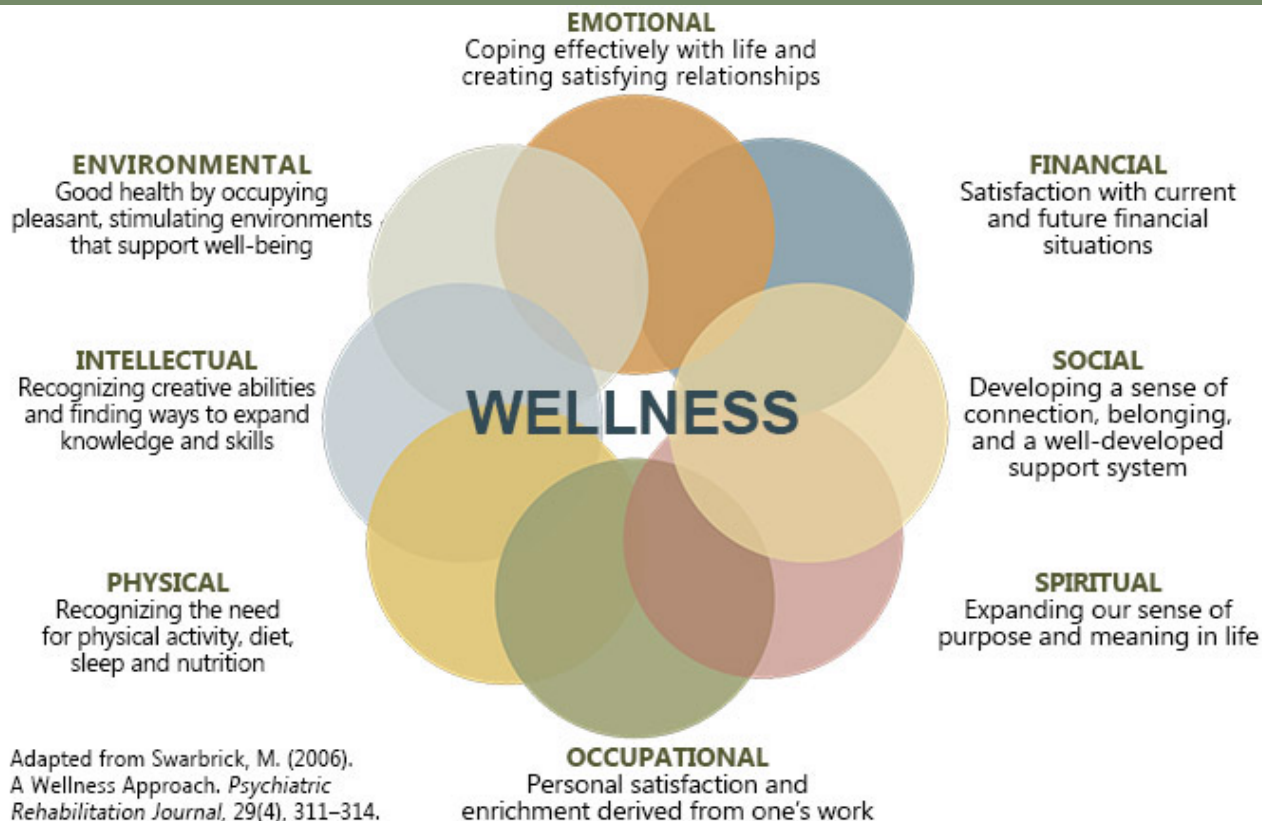
LC-1004-980
6 09304 00310 8
Peso Neto: 12 Oz.
Producido y Elaborado por: José L. Rodríguez
CARR 354 Km. 5.5, Bo. Río Cañas
Mayagüez, PR 00680 • Tel. (787)265-2521



Action Plan

1. How would you use candid conversations to share your concern with someone?
2. How would you use creative solutions in your plan to ready yourself for change?
3. How would you use collaborative strategies to prepare for a move ahead?

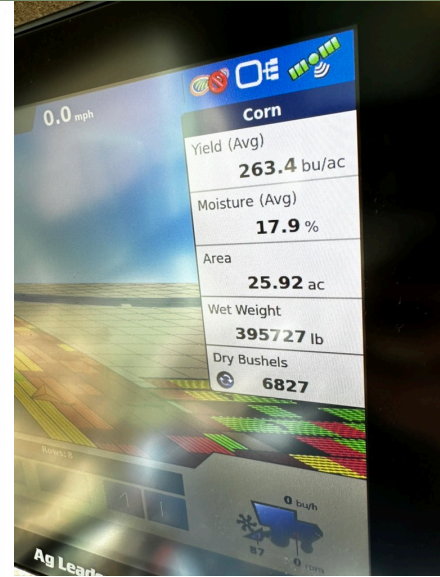
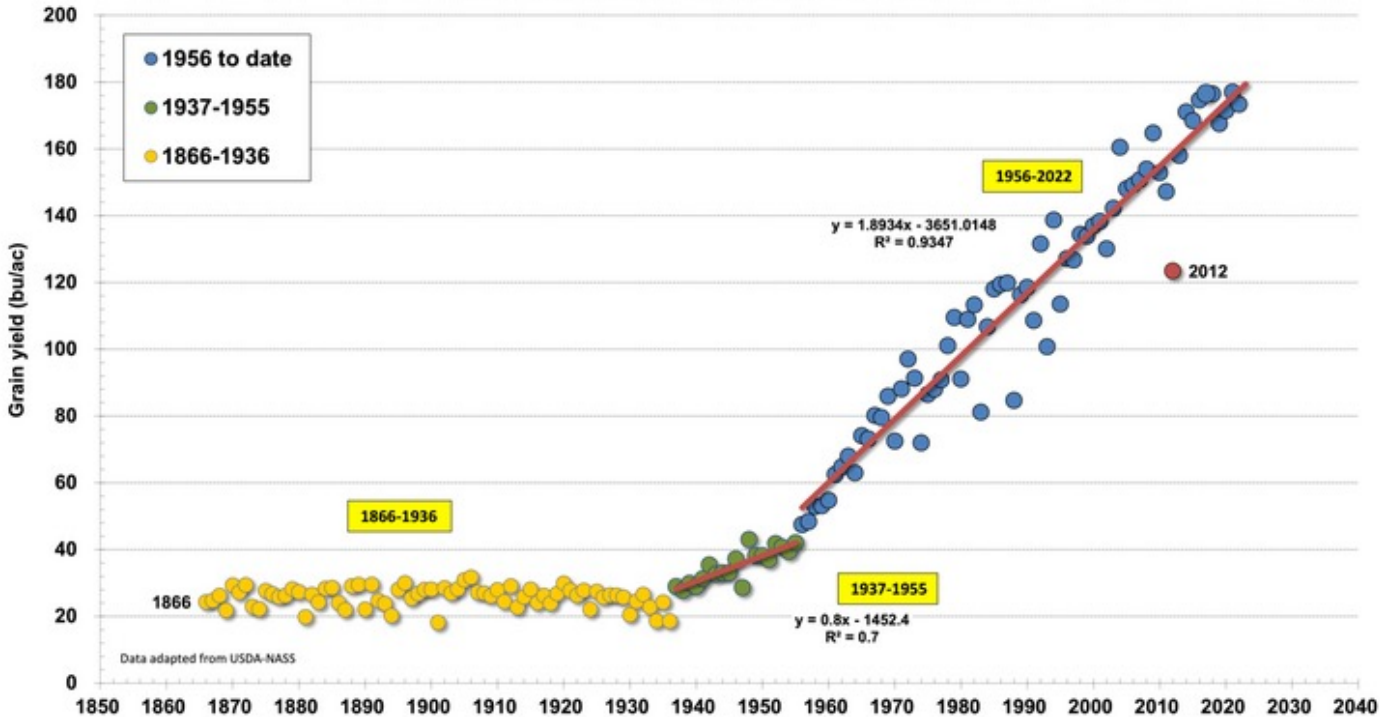
It's up to you....



Adapted from Swarbrick, M. (2006).
A Wellness Approach. *Psychiatric
Rehabilitation Journal*, 29(4), 311–314.

Change is happening no matter what...are you ready?

U.S. Corn Grain Yield Trends Since 1866



Final Thoughts....

- There are common factors to the resilience of individuals, organizations and communities
- Resilience can be improved if we promote compassion, wellness and decrease stigma
- Support and connectedness is not a short-term solution, it must be built into the long-term strategy

Download Our Podcast



Jason Haglund, MS, CDAC
Jason@RuralPolicyPartners.com

RURAL
POLICY PARTNERS
HEALTHCARE FOR THE HEARTLAND