

Ep. 6



“Farmers are now working inside the system of capitalism [and] the boundaries of what we are physically, mentally and spiritually capable of are just completely blown out. And we’re expected to just constantly rise to these different challenges no matter what. I also think that really ignores that farmers are humans too.”

Kamayan Farm

ARI DE LEÑA

Ari de Leña is a farmer at Kamayan Farm is a vegetable, flower, medicinal herb, and education farm just east of Seattle on Snoqualmie People’s land. In this conversation we dive into what it looks like to deal with stress and anxiety while being ‘August tired’.

Because Ari and Elizabeth really get into the heart of stress and anxiety we decided to split our conversation into two parts. In the first episode we focus on the ‘big picture’ and make connections between current conditions for farmers and how it affects our mental wellness. The second episode focuses on strategies and skills that we use to manage stress and anxiety.

In this episode we talk through our own experiences of stress, anxiety, and dissociation and ‘out of body’ experiences. Please take care of yourself and your needs before you listen, as you listen and as you process this conversation.

In Part 1 we mention:

The Body Keeps the Score: <https://www.besselvanderkolk.com/resources/the-body-keeps-the-score>

Leah Penniman’s Farming While Black: <https://www.soulfirefarm.org/media/farming-while-black/>

Leah Penniman on How to Survive the End of the World Podcast:

<https://www.endoftheworldshow.org/blog/2020/5/6/apocalypse-survival-skill-4-braiding-seeds>

In Part 2 - Ari shares some real-life strategies on how to manage stress and anxiety. In this episode we discuss some embodied techniques that we both use on the farm.

In this episode we bring the work of:

Valerie Segrest:

<https://www.allmyrelationspodcast.com/podcast/episode/32c173eb/ep-2-food-sovereignty-a-growing-movement>

Generative Somatics: <https://generativesomatics.org/>

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