

FARM STRESS MANAGEMENT

BROUGHT TO YOU BY

the Idaho Farm and Ranch Center

It can sometimes feel awkward to ask those around us about mental health. Here are some ideas to get started.



STARTING THE CONVERSATION...



“I’ve noticed you’ve been stressed lately, do you want to grab some coffee and talk for a bit?”

“This harvest season seems like it’s been exceptionally hard for folks, how are you handling things?”



“I heard you say the other day you’re feeling overwhelmed, what can I do for you to ease some of your work load?”

“I had a few minutes and wanted to call and see how you’re doing.”



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Farm Stress Management Tips

FOR FARM FAMILIES

STAY INVOLVED WITH YOUR COMMUNITY



Rural communities are stronger when community members are looking out for each other. Reach out to a friend or neighbor to ask how they are doing.

TALK AND LISTEN



It may feel awkward sometimes to talk about stress/mental health, but the more it is discussed, the easier those conversations become. Avoid trying to 'fix' the situation, but rather listen with the intent to offer love and support.

Setting aside a couple hours each week for fun family activity lifts everyone's spirits and helps develop meaningful relationships.

DESIGNATE FAMILY TIME EACH WEEK



Set a positive example for future generations by caring for yourself physically and avoiding the use of illegal drugs or excessive alcohol, tobacco, caffeine, or prescription medication.



AVOID UNHEALTHY DE-STRESS HABITS

FIND WHAT WORKS FOR YOU

Each operation has its own unique stressors that affect the operation. Discuss what these are and how to overcome them as a family.



Visit farm.idaho.gov for more stress management resources.