

# START AT THE ROOT



Farming and ranching is stressful, and our Idaho producers are struggling. Before stress becomes unbearable, take these simple steps to help manage your health.

- 1. FOCUS ON WHAT YOU CAN CONTROL**
- 2. ASK SOMEONE TO LISTEN WITHOUT OFFERING SOLUTIONS**
- 3. KEEP YOURSELF PHYSICALLY HEALTHY**
- 4. SEEK ROUTINE**
- 5. FIND PRACTICAL WAYS TO RELAX**
- 6. USE RELIABLE RESOURCES**

## TOO MUCH STRESS?

Your wellbeing is an important asset in your operation.

**IF YOU ARE EXPERIENCING THESE SYMPTOMS CHRONICALLY, IT MAY BE TIME TO SEEK PROFESSIONAL HELP!**

- Aggression/Irritability
- Fatigue
- Persistent worry or fear
- Withdrawing from activities
  - Avoiding others
- Significant weight changes
  - Substance abuse

**CALL 1-800-FARMAID (1-800-327-6243)**

Hotline hours are Monday through Friday 7am - 8pm MST or visit [farmaid.org](http://farmaid.org) if assistance is needed outside hotline hours

**VISIT [FARM.IDAHO.GOV](http://FARM.IDAHO.GOV) FOR MORE RESOURCES**