

MANAGING FARM STRESS

For Farm and Ranch Families



Farming can be stressful – especially when families are directly involved. See reverse for helpful tips to keep your farm family happy and healthy.

Designate Family Time Each Week

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

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.

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.

Avoid Unhealthy De-Stress Habits

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.

Find What Works for You

Each farm 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.

