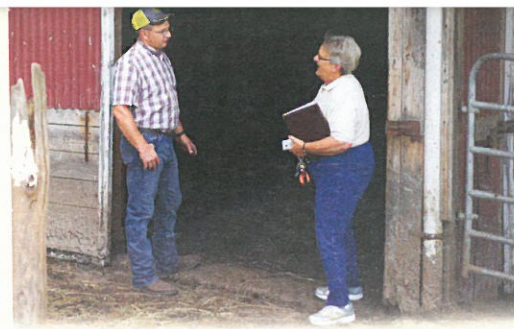




1-800-547-FARM (3276)

NY FarmNet guides farms through periods of transition, opportunity or challenge by providing free, confidential, on-farm consulting services.



How Farmers Can Cope with Stress

Farmers and farmer families are faced with a variety of stressors on a daily basis. Farms of all sizes are feeling the impact of deteriorating economic conditions in New York's agricultural sector. Learning to manage feelings and behaviors during hectic times can take patience, practice, and help from a professional.

Some stress in everyday life is normal, and can help us meet both personal and professional goals and expectations. Stress becomes a negative force when it is severe, prolonged, and leads to an acute stress response, or "flight or fight." Signs of increased stress may include *feeling depressed, irritable, impatient, and overwhelmed* in addition to sleep disturbances, and a lack of energy and motivation with usual tasks.

Taking time to relax and manage stress well during chaotic farming seasons requires discipline, practice, and mindfulness. NY FarmNet farm family consultants can provide you with support for your personal and emotional well-being. On the back, you will find some techniques farmers may use to help cope with stress in their daily lives, and on the farm.

Cornell CALS
College of Agriculture and Life Sciences



Dyson
Cornell
SC Johnson College of Business

Coping with Stress

- **Take care of yourself.** Take care of your body. Exercise, eat well-balanced meals, and get plenty of rest. Try to avoid stimulants like caffeine or tobacco, or using alcohol or other drugs.
- **Take a break.** Park the tractor and take a walk to clear your head. Sometimes events on the news, internet, or newspaper can add to your stress. Schedule information breaks – turn off the television, put away your phone, and focus on something else that you enjoy. Take time to balance your work and play.
- **Talk with others.** Share your problems and how you are feeling and coping with a family member, friend, counselor, doctor, or clergy. Talking with someone may help you feel better. Sharing your experience with someone else who may also be struggling and in need of support, can be mutually beneficial.
- **Follow a normal routine, as much as possible.** Wake up and go to sleep at your usual times. Eat meals at regular times. Continue to go to work, school, church, or other community meetings.

Free & Confidential Resources

NY FarmNet

1-800-547-3276, www.nyfarmnet.org

National Suicide Prevention Lifeline

1-800-273-8255 (TALK), www.suicidepreventionlifeline.org

Crisis Text Line

Text "START" to 741-741, www.crisistextline.org

Local Resources

New York State County Mental Health Directory

<http://bit.ly/NYCMH2018>

Sometimes taking healthy steps on your own to lower stress is not enough, and that is ok. Recognize when you need more help. If problems continue, or you are thinking about suicide, talk to a doctor, social worker, or professional counselor.