

Are you or someone you know showing signs of stress or mental fatigue? Here are some tips and resources that focus on your well-being and that of others around you.

Agriculture comes with manual labor, long hours, uncertainty and high stress. Understanding the warning signs of stress, how to start conversations, and being aware of mental health resources are important steps toward health and well-being.

Warning Signs of Stress

Physical

Headaches
Ulcers
Frequent Sickness
Backaches
Sleep Disturbances

Emotional

Sadness
Anger
Anxiety
Bitterness
Loss of Humor

Behavioral

Irritability
Withdrawal
Alcoholism
Acting Out
Backbiting

Cognitive

Memory Loss
Lack of Concentration
Inability to Make Decisions
Decreased Self-Esteem

How Farmers May Handle Stress

Everyone deals with stress in different ways. Some common coping behaviors may include:

- Ignoring the problem and walking away
- Turning to alcohol, drugs and food
- Isolation and wanting to be alone

How To Start Conversations

It can be difficult to start conversations on the topic of stress. Here are some tips to get you started:

- Acknowledge their feelings. "What you're going through must be difficult, how are you managing?"
- Show interest. "You mentioned that meeting was really stressful, can you tell me more about it?"
- Don't be afraid to ask. "You seem to be thinking about a lot, is there anything I can do to help you?"
- Stay present and connected. "You mentioned maybe seeking help, I can help connect you to a resource."



Mental Health in Agriculture

20%

Rural residents make up 20% of the population

48%

Rural adults experiencing mental health challenges

40%

Experience relationship problems

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