Resource Guide

A FOCUS ON WELL-BEING

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

Behavioral

Irritability Withdrawal Alcoholism Acting Out Backbiting

Emotional

Sadness
Anger
Anxiety
Bitterness
Loss of Humor

Cognitive

Memory Loss
Lack of Concentration
Inability to Make
Decisions
Decreased SelfEsteem

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







Important Notice and Disclaimer

These materials are provided for educational and informational purposes only and do not constitute legal advice, financial advice, tax advice, or investment advice on any matter. These materials may not be current and up-to-date. You should not act or refrain from acting based on these materials or the information they contain without seeking legal advice from an attorney licensed in your jurisdiction or other appropriate professional. Farm Credit of the Virginias, ACA expressly disclaims any liability for all acts and omissions taken or made in reliance on these materials or any information contained in these materials.

Copyright© 2021 by Farm Credit of the Virginias ACA. All Rights Reserved. No portion of these materials may be copied, modified, distributed, transmitted, or publicly displayed without prior written permission of Farm Credit of the Virginias, ACA.





Mental Health Treatment in the Farming Community

There are multiple ways to seek mental health assistance.

- Counselors
- Religious sector
- Primary care providers
- Mental health providers
- Community service boards
- Inpatient care



Mental Health Resources

Farmer Stress National Hotline

Talk: 1-844-293-8255

• Text: 38255

National Suicide Prevention Lifeline

• Talk: 1-800-273-8255

• Text: 741741

Farm Credit of the Virginias Member Assistance Program

- Confidential and free to members and their families.
- https://www.farmcreditofvirginias.com/about/membe-r-benefits/member-assistance-program

Farm Credit Rural Resilience

- Learn sources of stress and how to manage
- https://farmcredit.com/rural-resilience

Farm Aid Hotline

• Talk: 800-FARM-AID (327-6243)

Farm Crisis Center

- Resource hub, local resource directory
- https://farmcrisis.nfu.org/

Characteristics Common to Well-Being Individuals actively involved or who possess

Individuals actively involved or who possess certain characteristics tend to experience better well-being.

- Cultural and religious beliefs
- Family and community support
- Mental health care
- Problem solving skills



Self Care Tips for Well-Being Take time to add health promoting steps into your life.

- Eat well
- Get adequate sleep
- Avoid alcohol and drugs
- Try relaxation techniques
- Do something you enjoy every day
- Spend time with friends and family



Resource guide created in partnership with Dr. Amy Johnson, RN, DNP, FNP-C



