

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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