



ADULT

DEALING WITH THE UNIQUE STRESSES OF FARM LIFE

UNDERSTANDING STRESS

Stress affects everyone no matter our age. When we experience stress, it is usually because of physical and or mental reasons. Physical stress is the easiest to recognize because we feel it in our bodies. Mental stress, however, is complex. Regardless of the source of stress, not dealing with our stress can have a bad effect on us. Anxiety and depression are conditions that can be worsened or sometimes caused by stress. Self-care has been shown to decrease stress and improve symptoms of anxiety and depression. Below are some identified stressors and effects of stress as well as signs of anxiety and depression. There are also further definitions and some examples of self-care.



COMMON STRESSORS	FARM STRESSORS	NEGATIVE EFFECTS OF STRESS
<ul style="list-style-type: none"> • Paying bills • Joint pain • Taking medicine • Cleaning • Children's school • Children leaving home • Disagreements with family • Illness • Doctor visits • Dealing with insurance policies 	<ul style="list-style-type: none"> • Handling livestock • Sick livestock • Planting and harvesting season • Prepping pesticides or herbicides • Using protective equipment • Injuries • Bad weather • Machinery breakdown 	<ul style="list-style-type: none"> • Loss of sleep • Low energy • High blood pressure • Heart disease • Dementia • Diabetes • Worsening of health problems • Depression and anxiety • Suicidal thoughts

SIGNS OF ANXIETY AND DEPRESSION

<p>ANXIETY</p> <ul style="list-style-type: none"> • Worry or fear of the future • Avoidance of certain activities like paying a bill or machinery maintenance • Feeling overwhelmed and not attending social gatherings • Low frustration tolerance 	<p>DEPRESSION</p> <ul style="list-style-type: none"> • Does not involve fears about events of the future • Fatigue • Prolonged sadness • Social withdrawal • Negative thoughts about self and others • Low frustration tolerance
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WHAT IS SELF-CARE?

SELF-CARE IS

- A broad term for physical and emotional wellness
- Self-care does not mean freedom from stress
- Involves knowledge and skills to deal with stress

EXAMPLES

- Petting your dog
- Watching a movie
- Taking a vacation
- Visiting your favorite outdoor area
- Spending time with friends or family



Self-care is NOT using substances or alcohol to numb your emotional discomfort.

Sometimes stress and depression can lead to hopelessness and thoughts of suicide. Key suicide warnings are listed below. If you or someone you know is having or expressing any warning signs, seek help to prevent suicide. Here are some available resources that can provide guidance and counseling for those feeling hopeless and or having thoughts of suicide.

KEY SUICIDE WARNINGS

TALKING ABOUT:

- Death
- Being a burden to others
Statements like, "They all would be better off without me."
- Comments about feeling hopeless or lost

EXPRESSING FEELINGS OF:

- Intolerable physical or emotional pain
- Guilt or shame about circumstances or relationships

BEHAVIORS

- Obtaining lethal means of self-harm
- Putting finances and arrangements in order
- Neglecting personal hygiene
- Avoiding daily farm and personal activities
- Social withdrawal
- Changes in sleep or eating patterns
- Increased use of alcohol or drugs

WHOM CAN I TALK TO?

Usually, we want you to tell your family or a friend that you are struggling, but we recognize that you may not feel heard or may not want to burden your family. If you do not feel comfortable talking with a family member or friend, then you might talk with a pastor or other trusted adult in your community. If you feel as if you have no one to talk to, there is hope! You can contact the National Suicide Prevention Lifeline to speak with someone who is trained to deal with stress, anxiety, depression, and suicide. You can reach the Lifeline by calling 800-273-8255 or by texting HOME to 741741 (crisis text line). You can also reach the lifeline at <https://suicidepreventionlifeline.org/>.

**NATIONAL SUICIDE
PREVENTION LIFELINE**

800-273-8255

**WWW.CRISISTEXTLINE.ORG
TEXT HOME TO**

74174

LOCAL RESOURCES

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