



# **Tools for Your Wellness Toolbox in Times of Farm Stress**

**Farm Stress Programming Team  
2023**

**Farming** ranks in the  
**top ten most stressful occupations**  
in the United States.

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# Agricultural Stresses Impact. . .

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- ❖ **Farm/Ranch Management & Options**
- ❖ **Family Financial Security**
- ❖ **Individual Health and Well-Being**
- ❖ **Family Well-Being**



# Which Matters More? Tractor Maintenance vs. Farmer Maintenance



"THEY MAINTAIN THEIR TRACTORS, THEY  
MAINTAIN THEIR PUMPS AND EVERYTHING  
BUT THEY DON'T MAINTAIN THEMSELVES."

Harry, male farmer on farmer's mental health  
in Judd, et al, 2006

#ElevateTheConvo  
Photo Credit Derek Gavey



**“HEALTH** is the  
most important **ASSET** to any operation.

If it is the most important **ASSET**,  
it also needs to be the most important  
**PRIORITY.”**

—Sean Brotherson, family science specialist  
for North Dakota State University.

**Top**  
**Producer**

# The Power of a Plan

**Planning is an Essential Step –**  
What's in your plan?

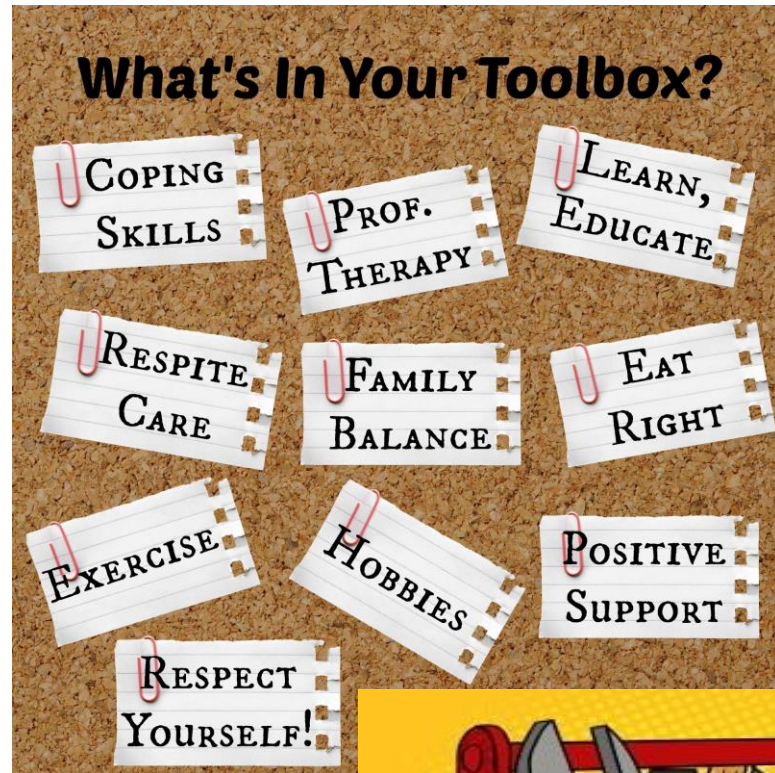


# Wellness Planning

# Use Effective Wellness Strategies

## Coping Strategies – What's in your toolbox?

“Tools are designed to do very different jobs. Find the right coping strategy (tool) to fit the situation, and remember to change strategies (tools) if the one you are using isn't working!”



Managing Stress and Pursuing Wellness

# Six Dimensions of Wellness





# 12 Tools for Your Wellness Toolbox in Times of Farm Stress

Sean Brotherson, Ph.D., Family Science Specialist

<b>1</b>	<b>Physical</b>	<b>2</b>	<b>Mental</b>	<b>3</b>	<b>4</b>
<p><b>Exercise 20 minutes or more daily (walk, swim, ride a bike, etc.).</b> Physical activity enhances feeling good.</p>		<p><b>Get a medical checkup with a local health-care provider.</b> Stress can cause or add to physical challenges.</p>		<p><b>Spend 10 minutes to plan your day and priorities.</b> A few minutes of planning reduces stress and helps you stay focused.</p>	
<b>5</b>	<b>Emotional/Spiritual</b>	<b>6</b>	<b>Personal/Relational</b>	<b>7</b>	<b>8</b>
<p><b>Write down three things that you are grateful for daily.</b> Conscious gratitude calms your mood.</p>		<p><b>Share concerns with a counselor or other professional.</b> A listening ear helps lift your burdens.</p>		<p><b>Take 15 minutes each day for uninterrupted conversation with a spouse or family member.</b> A few minutes of planning reduces stress and helps you stay focused.</p>	
<b>9</b>	<b>Work/Professional</b>	<b>10</b>	<b>Financial/Practical</b>	<b>11</b>	<b>12</b>
<p><b>Discuss needs of the farm operation but do not let them occupy all other aspects of life.</b> Plan other daily work tasks to shift your focus.</p>		<p><b>Seek constructive feedback on your farm operation and ways to grow or improve.</b> Others can share ideas or assist in new ways.</p>		<p><b>Create a family budget and seek to live within your means.</b> This helps give you a sense of financial control.</p>	

### My Wellness Commitment

Circle or list at least three wellness tools you can begin doing today and post this in your home, office or vehicle as a reminder.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

For more information on wellness tools and farm stress, visit our NDSU Extension website at [www.ag.ndsu.edu/drought/stress-resources](http://www.ag.ndsu.edu/drought/stress-resources)

# NDSU Extension Resources

- What is your wellness plan?
- What is your wellness commitment?
- FS-1927
- FS-1928

# More Information on Farm Stress Resources

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Search for us online:

<https://www.ag.ndsu.edu/farmranchstress>

“NDSU” and “Farm Stress”

The logo for North Dakota State University (NDSU) features the letters "NDSU" in a bold, yellow, serif font. The letters are set against a solid green rectangular background.

NORTH DAKOTA  
STATE UNIVERSITY  
EXTENSION