



Managing Farm Stress

Common Signs of Stress

Headaches

Fatigue

Rapid Heartbeat

Sleeplessness

Anger

Irritability

Worrying

Shame

Denial

Low Energy

High Blood Pressure

Body Aches

Feeling Overwhelmed

Memory Loss

Confusion

Anxiety

Guilt

Hopelessness

Discouraged

Relationship Struggles

Drug or Alcohol Use

Low Energy

Feeling Alone

Aggression

Appetite Change

Self-blame

Mood Swings

Frequent Sickness

Fear

Isolation



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Ways to Help Yourself

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|---------------------------|-------------------------|---------------------------|
| Acknowledge your Feelings | Utilize your Resources | Take a Walk |
| Talk to a Friend | Exercise | Make Time for Hobbies |
| Eat Healthy | Stay Hydrated | Read |
| Journal | Laugh With Others | Walk |
| Help Others | Do a Breathing Exercise | Get Plenty of Sleep |
| Listen to Music | Take a Hot Bath | Avoid Alcohol/Drugs |
| Hug your Loved Ones | Pray/Meditate | Seek Professional Support |

For more information on farm stress, visit www.douglas.k-state.edu