# Managing Farm Stress

## Common Signs of Stress

<table>
<thead>
<tr>
<th>Headaches</th>
<th>High Blood Pressure</th>
<th>Drug or Alcohol Use</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fatigue</td>
<td>Body Aches</td>
<td>Low Energy</td>
</tr>
<tr>
<td>Rapid Heartbeat</td>
<td>Feeling Overwhelmed</td>
<td>Feeling Alone</td>
</tr>
<tr>
<td>Sleeplessness</td>
<td>Memory Loss</td>
<td>Aggression</td>
</tr>
<tr>
<td>Anger</td>
<td>Confusion</td>
<td>Appetite Change</td>
</tr>
<tr>
<td>Irritability</td>
<td>Anxiety</td>
<td>Self-blame</td>
</tr>
<tr>
<td>Worrying</td>
<td>Guilt</td>
<td>Mood Swings</td>
</tr>
<tr>
<td>Shame</td>
<td>Hopelessness</td>
<td>Frequent Sickness</td>
</tr>
<tr>
<td>Denial</td>
<td>Discouraged</td>
<td>Fear</td>
</tr>
<tr>
<td>Low Energy</td>
<td>Relationship Struggles</td>
<td>Isolation</td>
</tr>
</tbody>
</table>
Managing Farm Stress

Ways to Help Yourself

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

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