



## Farm Stress Program Details & Topical Information

May 1, 2020

#SoyHelp

### You Can't Avoid Farm Stress, But You Can Manage It

#### *Tips and Resources for Managing Stress*

- Times for any farmer can be stressful, worry-some and fear-inducing, yet no farmer is alone. [State and national resources are available](#) for anyone struggling with any level of stress.
- Asking for help is a sign of strength and self-awareness.
- With the help of technology, there are numerous ways to reduce stress through apps, podcasts, exercise, and other tools that can be utilized from the privacy of your own home.
- Slow down
- Get a physical checkup
- Seek local resources, including clergy, medical professionals, or others
- Talk with other farm families and neighbors
- Exercise daily
- Take regular breaks throughout the day
- Agricultural organizations across the country are banding together to provide resources for ways to manage farm stress. Help is available in your community, including in rural areas.
- American Farm Bureau's [Rural Resilience](#) campaign is combining with Farm State of Mind, which FB acquired from Bayer in early 2020.
  - #FarmStateofMind is an initiative to raise mental health awareness among the farming community, reduce stigma surrounding the topic of mental health in rural communities, and provide relevant information to farm families on this important topic.
  - Bayer product pages still offer excellent consolidated links to Farm State of Mind resources. For instance, [Acceleron's Stress Management Library](#) offers resources for managing stress, anxiety and depression, along with links to mental health organizations, connection lines, ideas for supporting others in your community, and ways to approach mental health conversations: [Tips and Resources for Taking Care of Your Mental Health](#)
- The roadblock to accessing proper mental health resources can be the lack of health insurance or behavioral health specialists in rural areas. Nonprofits such as [Mental Health America](#) can provide farmers with tools and resources to get access to mental health experts from the privacy of their own home.
  - **Take the MHA 3-minute screening tool and progress monitor for depression, anxiety, PTSD and bipolar disorder. [Get started](#)**
  - **Check out the sharable coronavirus toolkit** found at [virusanxiety.com](#), which offers a wealth of research-backed and helpful tools—articles, meditations, access to mental health experts, anxiety screenings and more. The MHA toolkit is in conjunction with Shine, an award-winning [app and community](#) that can also help you struggle less with stress.
  - Access the MHA [support community](#) through Inspire, which enables individuals to connect on a variety of issues and topics related to mental health, and find therapy options [here](#).

*While these resources are by no means exhaustive, ASA hopes they will be helpful in seeking qualified professional care.*