



Farm Stress Program Details & Topical Information

May 1, 2020

#SoyHelp

Staying Social from a Distance

Dealing with Social Distancing During the COVID-19 Pandemic

- It is important to remember that during this time, social distancing does not have to mean social isolation. Social connectedness increases and improves chances of showing resilience to adversity. Creative approaches to staying connected are important.
- There are many resources for families and friends to stay connected through technology, whether that be video calls or social media.
- Staying educated and informed is important. Facts minimize fear. Anxiety and unease will likely increase as everyone's lives continue to be disrupted and social distancing continues.
- It is important to note that, while gathering in groups of 6 people or more is not advised, outdoor activities aren't prohibited — and fortunately, farmers have adequate access to the outdoors. Setting a routine is critical in times of self-isolation, and this may involve doing chores or finishing projects outside.
- ASA strongly encourages everyone to maintain social distancing as dictated by their state and local governments—farmers and agriculture workers are too important to get sick, and we care about both your mental health and physical wellbeing.
- Find **national and state-specific stress and mental health resources**, including for C-19, [here](#).

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