



Farm Stress Program Details & Topical Information

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#SoyHelp

A Healthy Farm is Nothing Without a Healthy You

Recognizing Warning Signs and Symptoms of Stress

- In a time of great uncertainty with trade wars, natural disasters, depressed commodity prices, labor shortages and many other issues weighing heavily on the farm economy, farmers have little control over conditions that affect their family's economic well-being.
- It is important to recognize the warning signs and symptoms of prolonged stress to prevent any negative impacts to the body, mind, and emotional well-being.
- Common signs of chronic, prolonged stress in farmers could be a change in routine, care of livestock declines, farm accidents increase, or appearance of the farmstead goes down.
- Other potential warning signs might include changes in routine behavior or appearance, injury or prolonged illness, or increased drinking or drug use.
- Farmers may also express negative thoughts about themselves ("I'm a failure," "It's impossible to make it in this business climate") or even disclosing or suggesting that they are considering suicide to end the problems they face.
- NY Farm Net offers a very good, comprehensive list of [warning signs and symptoms](#), including many of the ones listed here.
- **Physical signs** can include headaches, back and neck muscle aches, fatigue, labored breathing, weight gain or loss, rising blood pressure, stomach issues, ulcers, and increased sweating.
- **Emotional signs** include anger, restlessness, irritability, inability to sleep and relax, passive-aggressiveness, little interest in being social, sadness, bitterness, lack of confidence.
- **Mental signs** can include memory loss, lack of concentration, difficulty making decisions.
- **Behavioral signs** can include increased alcohol use or substance abuse, violence, decline in the care of livestock or domestic animals, increase in farm accidents, overeating or loss of appetite.
- **Relationship signs** include loss of humor, withdrawal, decreased interest in family activities or community events, verbal outbursts, difficulty communicating.
- University of Kentucky offers tips on recognizing [signs of suicide](#), specifically.
- **If you or someone you know is considering suicide, please call the National Hopeline Network at 1-800-SUICIDE (784-2433) or the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).**
- Those who are uncomfortable with speaking on the phone can text TALK (or any opening word) to **741741** to speak with a trained crisis counselor at [Crisis Text Line](#).
- **Farm & Rural Stress Hotline: 800-691-4336** Farmers, ranchers, and people who live in rural communities can call 1-800-691-4336. Calls are taken 24/7 and are free and confidential. The hotline is staffed by trained assessment counselors who put callers in touch with local mental health resources.

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