



Farm Stress Program Details & Topical Information

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#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 a great resource.
- 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](#)**
 - 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.