

# 12 Tools for Your Wellness Toolbox in Times of Farm Stress

1

**Exercise 20 minutes or more daily (walk, swim, ride a bike, etc.).**  
Physical activity enhances feeling good.

Physical

2

**Get a medical checkup with a local health-care provider.**  
Stress can cause or add to physical challenges.

3

**Spend 10 minutes to plan your day and priorities.**  
A few minutes of planning reduces stress and helps you stay focused.

Mental

4

**Take regular five- to 10-minute breaks in your day to relax and recharge.**  
Doing this multiple times a day renews your energy.

5

**Write down three things that you are grateful for daily.**  
Conscious gratitude calms your mood.

Emotional/Spiritual

6

**Share concerns with a counselor or other professional.**  
A listening ear helps lift your burdens.

7

**Take 15 minutes each day for uninterrupted conversation with a spouse or family member.**  
A few minutes of planning reduces stress and helps you stay focused.

Personal/Relational

8

**Get involved or stay connected with a friend or group of friends.**  
Doing this multiple times a day renews your energy.

9

**Discuss needs of the farm operation but do not let them occupy all other aspects of life.**  
Plan other daily work tasks to shift your focus.

Work/Professional

10

**Seek constructive feedback on your farm operation and ways to grow or improve.**  
Others can share ideas or assist in new ways.

11

**Create a family budget and seek to live within your means.**  
This helps give you a sense of financial control.

Financial/Practical

12

**Select three healthy habits you will try to practice daily.**  
**Start today!**

## My Wellness Commitment

Circle or list at least three wellness tools you can begin doing today and post this in your home, office or vehicle as a reminder.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

For more information on wellness tools and farm stress, visit the NDSU Extension website at [www.ag.ndsu.edu/drought/stress-resources](http://www.ag.ndsu.edu/drought/stress-resources) or the K-State Families website: [www.ksre.ksu.edu/families](http://www.ksre.ksu.edu/families)

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