



Managing Stress - Tips and Resources

As a Kansan working in agriculture, you may experience elevated stress as you work hard to produce quality products, sustain your operation, and support your family.

Agriculture workers, employees, and the family often work day and night and cannot always avoid stressful and overwhelming situations, especially during a pandemic, drought, low market prices, and other situations that are out of their control. Resources provided here can assist you or someone you know that needs assistance in managing and overcoming stress. Caring for your own health and wellness in your high-stress profession is often overlooked but is just as critical as caring for your operation.

Identifying Signs of Stress

Physical	Emotional	Behavioral	Cognitive	Self-Worth
Headaches	Sadness Depression	Irritability	Memory Loss	Feels Like a Failure
Ulcers	Bitterness	Passive-Aggressive Behavior	Lack of Concentration	Can't do Anything Right
Changes in Appetite	Anger	Anger	Difficulty with Simple Decisions	Not Being Able to Fix Things
Problems Sleeping	Anxiety	Increased Alcohol Use		
Frequent Illness	Loss of Spirit	Taking Drugs		
Exhaustion	Loss of Sense of Humor	Isolation		
		Violence		

How to Manage Your Stress

- Take deep breaths
- Meditate or sit quietly
- Connect with people in your social network
- Talk to yourself in a positive manner
- Exercise, eat good foods, get quality sleep
- Speak with a mental health professional

References

Colorado State University, "Managing Stress During Tough Times," R.J. Fetsch



Resources

Wellbeing and Mental Health Resources

- Kansas Community Mental Health Centers www.acmhck.org
- Mayo Clinic Mindfulness Exercises; NDSU Nourish Your Body With Sleep www.agrability.ksu.edu/resources
- Man Therapy, www.mantherapy.org
- Office on Women's Health, www.womenshealth.gov
- Kansas Ag Stress Resources, phone: 1-800-447-1985, www.kansasagstress.org
- National Suicide Prevention Hotline, phone: 1-800-273-8255, www.suicidepreventionlifeline.org
- Kansas Suicide Prevention HQ, phone: 1-785-841-2345, or text Kansas to 741741, www.ksphq.org

Financial Services and Onsite Assistance

- Kansas Agricultural Mediation Services (KAMS), www.ksre.k-state.edu/kams
- Kansas State University Farm Analyst Program, www.agmanager.info
- Kansas AgrAbility Project, www.agrability.ksu.edu

Veteran Support

- Farmer Veteran Coalition, www.farmvetco.org
- Military OneSource, www.militaryonesource.com
- Veterans Crisis Line, phone: 1-800-273-8255, option 1, www.veteranscrisisline.net

Videos

- Farm Stress: You Are Not Alone, www.agrability.ksu.edu/resources
- The Surprising Reality of Depression and Suicide Among Farmers, www.agrability.ksu.edu/resources

The Kansas AgrAbility Project's primary purpose is to directly assist Kansas farmers/ranchers, their employees, and family members who have become injured, have a health condition, or a disability to remain actively engaged in production agriculture for as long as they choose. The Kansas AgrAbility Project is a partnership between Kansas State University, Southeast Kansas Independent Living, and Assistive Technology for Kansans.

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