### Strategies to help you cope

<table>
<thead>
<tr>
<th>Physical</th>
<th>Mental</th>
<th>Emotional / Spiritual</th>
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| • Get a medical checkup  
• Eat a healthful breakfast  
• Drink four to eight glasses of water daily  
• Eat more fruits, vegetables and healthful snacks  
• Exercise at least 20 minutes daily (walk, swim, ride a bike, etc.)  
• Get at least seven to eight hours of restful sleep  
• Receive a neck or back massage  
• Take a relaxing bath or shower  
• Hug a loved one or friend  
• Practice restful, deep or slow breathing  
• Abstain from alcohol, tobacco or other drugs  
• Do gentle stretching during a break or to warm up or cool down | • Take 10 minutes and reflect on your blessings  
• Write your thoughts in a journal or notebook  
• Listen to relaxing music  
• Spend 30 minutes doing something with your hands (draw, carve, etc.)  
• Read a book you enjoy  
• Watch TV or videos that make you laugh  
• Do a hobby  
• Attend a class or seminar to learn something new or of interest to you  
• Visit with a counselor or spiritual leader  
• Reach out to someone for support or help  
• Spend 10 minutes to plan your day and priorities  
• Take regular five- to 10-minute breaks in your day to relax and recharge | • Tell a loved one what you appreciate about him/her  
• Play with a child or grandchild  
• Volunteer to help with a cause important to you  
• Go out for a meal with a friend or loved one  
• Reflect on and forgive yourself for mistakes  
• Share concerns with a counselor or other professional  
• Explore your spiritual life and activities  
• Pray or meditate  
• Do random acts of kindness  
• Express “thank you” to someone daily (send a note, etc.)  
• Write down three things you are grateful for daily  
• Go for a walk or drive in nature |
Managing Stress and Pursuing Wellness in Times of Tight Margins

www.ag.ndsu.edu/cff/resources-for-emotional-and-mental-health
## Strategies to help you cope

### Personal / Relational
- Clean or organize your personal space(s)
- Reflect on and write down your goals
- Spend time with a pet
- Take 15 minutes each day to have uninterrupted conversation with a spouse or family member
- Spend time playing games with family members
- Learn more about your family history
- Begin or renew a friendship
- Get involved or stay connected with a group of friends
- Plan a getaway with a family member
- Go on a vacation
- Eat or make your favorite meal
- Do an activity you personally enjoy (fishing, see a movie, etc.)

### Work / Professional
- Focus on factors you can control in your work
- Take time for lunch and a “work break” daily
- Plan your next day at the end of the work day and set priorities ahead of time
- Be flexible with time and tasks as things come up
- Set boundaries and do not overcommit yourself
- Say “no” more often
- Do not let the farm operation intrude on all other aspects of life
- Talk to other farmers about their strategies
- Take a seminar and learn new ways to handle issues
- Seek feedback on your farm operation and ways to grow or improve
- Schedule time away from work to relax and then take the time
- Minimize and resolve conflicts with others

### Financial / Practical
- Assess your family finances and needs
- Create a family budget and live within your means
- Learn new strategies to stretch your family finances
- Schedule time to organize your records monthly
- Take a seminar to learn more about financial management
- Spend 15 minutes a day reviewing your tasks and setting priorities
- Select three healthy habits you will try to practice daily
- Ask for positive feedback from others and build on it
- Ask for constructive feedback from others and learn from it
- Investigate new ways for doing things in your work
- Read something new every day
- Let go of what you cannot control