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

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<tr>
<th>Physical</th>
<th>Emotional</th>
<th>Behavioral</th>
<th>Cognitive</th>
<th>Self-Worth</th>
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<tr>
<td>Headaches</td>
<td>Sadness Depression</td>
<td>Irritability</td>
<td>Memory Loss</td>
<td>Feels Like a Failure</td>
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<td>Ulcers</td>
<td>Bitterness</td>
<td>Passive-Aggressive Behavior</td>
<td>Lack of</td>
<td>Can't do Anything Right</td>
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<td>Changes in Appetite</td>
<td>Anger</td>
<td>Anger</td>
<td>Concentration</td>
<td>Not Being Able to Fix Things</td>
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<td>Problems Sleeping</td>
<td>Anxiety</td>
<td>Increased Alcohol Use</td>
<td>Difficulty with Simple Decisions</td>
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<td>Frequent Illness</td>
<td>Loss of Spirit</td>
<td>Taking Drugs</td>
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<td>Exhaustion</td>
<td>Loss of Sense of Humor</td>
<td>Isolation</td>
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<td>Violence</td>
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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](http://www.acmhck.org)
- Mayo Clinic Mindfulness Exercises; NDSU Nourish Your Body With Sleep [www.agrability.ksu.edu/resources](http://www.agrability.ksu.edu/resources)
- Man Therapy, [www.mantherapy.org](http://www.mantherapy.org)
- Office on Women’s Health, [www.womenshealth.gov](http://www.womenshealth.gov)
- Kansas Ag Stress Resources, phone: 1-800-447-1985, [www.kansasagstress.org](http://www.kansasagstress.org)
- National Suicide Prevention Hotline, phone: 1-800-273-8255, [www_suicidepreventionlifeline.org](http://www_suicidepreventionlifeline.org)
- Kansas Suicide Prevention HQ, phone: 1-785-841-2345, or text Kansas to 741741, [www.kspHQ.org](http://www.kspHQ.org)

Financial Services and Onsite Assistance

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

Veteran Support

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

Videos

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