

7

TIPS FOR CULTIVATING MENTAL HEALTH ON THE FARM



Acknowledge the unique social and economic hardships faced by farmers and their families.



Seek support from mental health professionals, family, faith-based organizations, and trusted peers in your community.



Maintain physical health through regular exercise, a balanced diet, and getting enough sleep.



Develop hobbies off of the farm and remember to take breaks.



Create a plan surrounding farm succession to avoid future familial stress.



Actively work to combat the stigma surrounding mental health by talking to family and peers.



Research accessible options for mental healthcare and seek professional help if mental health worsens.



To find more information on farmer mental health visit:

WWW.GAFARMSTRESS.COM

OR

WWW.AGRISAFE.ORG

