1. DEVELOP A STRONG SOCIAL NETWORK
   a. Take 15 minutes each day for uninterrupted conversation with a spouse or family member.
   b. Get involved or stay connected with a friend or group of friends.
   c. Don’t shut out friends and family.
   d. Reconnect with old friends.

2. BE AWARE
   a. Know your stressors and how your body reacts to stress.
   b. Accept that some stressors are out of your control. Work towards a solution instead of focusing on things you cannot change.

3. NURTURE YOURSELF
   a. Exercise 20 minutes or more daily (walk, swim, ride a bike, etc).
   b. Get regular medical checkups with a local healthcare provider.
   c. Eat a healthy, nutritious diet.
   d. Spend time outside in the fresh air.
   e. Get plenty of sleep.
   f. Find hobbies or activities that you enjoy and that take your mind off things that create stress.

4. ESTABLISH GOALS
   a. Spend 10 minutes to plan your day and prioritize your tasks.
   b. Plan ahead for stressful seasons and delegate work appropriately.
   c. Discuss needs of the farm operation but do not let them occupy all other aspects of life.
   d. Seek constructive feedback on your farm operation and ways to grow or improve it.
   e. When you find yourself becoming overwhelmed by a situation, take a step back to simply assess what is before you. Brainstorm possible solutions, and then break them down into manageable steps. Then move forward, one step at a time.

5. CULTIVATE A PRODUCTIVE MIND
   a. Take regular 5-10 minute breaks in your day to relax and recharge.
   b. Share concerns with a counselor or other professional.
   c. Learn to say NO to extra commitments.
   d. Use helpful self-talk. Tell yourself you can adapt and overcome any challenges. Remind yourself you’ve faced hard times before and you can do it again.
   e. Practice deep breathing to calm your mind and help you focus. Inhale deeply five times and exhale slowly. This can also help improve sleep and can help with chronic pain.
   f. Reflect on any moment that made you feel content and close your eyes and relive that moment.

Resources
- VISIT
  Your Primary Care Provider
  Mental Health Professional
  Walk-in Clinic
  Emergency Room
  Urgent Care Center
- FIND A MENTAL HEALTH PROVIDER
  findtreatment.samhsa.gov
  mentalhealthamerica.net/finding-help
- NATIONAL SUICIDE PREVENTION LIFELINE
  1-800-273-TALK (8255)
- TEXT TALK TO 741-741
  Text with a trained counselor from the Crisis Text Line for free, 24/7
- FARM AID FARMER HOTLINE
  1-800-FARM-AID (1-800-327-6243)
- CALL 911 FOR EMERGENCIES

Our resources are not intended to be a substitute for professional medical advice, diagnosis or treatment. If you are in a crisis, please visit your local emergency department or call 911 immediately.
**HOW STRESS AFFECTS YOU**

<table>
<thead>
<tr>
<th>Heart races</th>
<th>Neck feels sore</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nausea</td>
<td>Muscle cramps</td>
</tr>
<tr>
<td>High blood pressure</td>
<td>Tightness of chest</td>
</tr>
<tr>
<td>Dizziness</td>
<td>Legs feel shaky</td>
</tr>
<tr>
<td>Tapping fingers</td>
<td>Backache</td>
</tr>
<tr>
<td>Sweaty palms</td>
<td>Shortness of breath</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Headache</th>
<th>Fatigue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling like you are in a fog</td>
<td></td>
</tr>
</tbody>
</table>

**IT AFFECTS YOUR MIND**

<table>
<thead>
<tr>
<th>Talk</th>
<th>Grind teeth</th>
</tr>
</thead>
<tbody>
<tr>
<td>If a person talks about:</td>
<td>Face feels hot</td>
</tr>
<tr>
<td>• Killing themselves</td>
<td>No appetite</td>
</tr>
<tr>
<td>• Feeling hopeless</td>
<td>Headache</td>
</tr>
<tr>
<td>• Having no reason to live</td>
<td>Feeling trapped</td>
</tr>
<tr>
<td>• Being a burden to others</td>
<td>Unbearable pain</td>
</tr>
</tbody>
</table>

**WARNING SIGNS AND SYMPTOMS OF A CRISIS**

If you suspect someone is suicidal:

- Take the person seriously.
- Do not leave the person alone. If you can’t stay, arrange for someone else to be there.
- Ask directly about suicidal thoughts. Are you thinking about killing yourself? If the answer to either of these questions is yes, you need to determine whether the person has definite intentions to take their own life or if their thoughts are more vague. Have you decided how you would kill yourself? Have you decided when you would do it? Have you taken any steps to secure the things you would need to carry out your plan?
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- Encourage appropriate professional help.
- Offer information & resources.
- If you are concerned about their immediate safety, call 9-1-1.

**HOW SHOULDN'T I TALK WITH SOMEONE WHO MIGHT BE IN CRISIS?**

- Talk in private.
- Treat the person with respect & dignity.
- Tell the person that you care and want to help.
- Listen non-judgmentally.
- Express empathy.
- Take their concerns seriously.
- Let them know their life matters to you.
- Ask questions that show you genuinely care.
- Check their understanding by restating what they have said and summarizing facts and feelings.
- Express your frustration at the person for having such symptoms.
- Tell the person you know what they are going through.
- Blame the person for the illness.
- Express minimal comments or thoughts to the person about your own life or if their thoughts are more vague. Have you decided how you would kill yourself? Have you decided when you would do it? Have you taken any steps to secure the things you would need to carry out your plan?

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