



Farming Can Be Stressful.

“Just as cattle feed should have optimal levels of protein, carbohydrates, sodium and zinc, farmers must allow adequate time for sleep, recreation and social interaction to function at their best.”

– Michael Rosmann, PhD

Signs to look for when agriculture-related stress has begun to affect you or someone you know:

- Lack of energy/motivation to do usual tasks
- Loss of interest in favorite activities
- Increase in accidents on the farm
- Alcohol and/or substance abuse/addiction
- Relational tension
- Withdrawal from others
- Thoughts of hurting oneself
- Care of livestock declines
- Appearance of farmstead declines
- Children show signs of stress

You are not alone. There are others who can relate, and more importantly, who can help if you're having trouble coping.

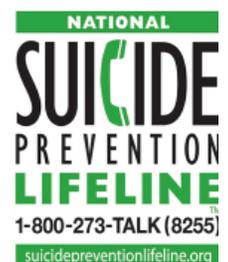
Free & Confidential Resources

Farm Aid Resource Line:

1-800-FARM-AID (327-6243)

National Suicide Prevention Lifeline:

1-800-273-8255



For more resources, go to: www.farmstress.us

*Content adapted from Robert J. Fetsch, Extension Specialist & Professor Emeritus, Department of Human Development & Family Studies, Colorado State University, Fort Collins, CO 80523-1570. WSU Extension programs and employment are available to all without discrimination. Evidence on noncompliance may be reported through your local WSU Extension Office.