

FEDtalks

Making Wellness Matter



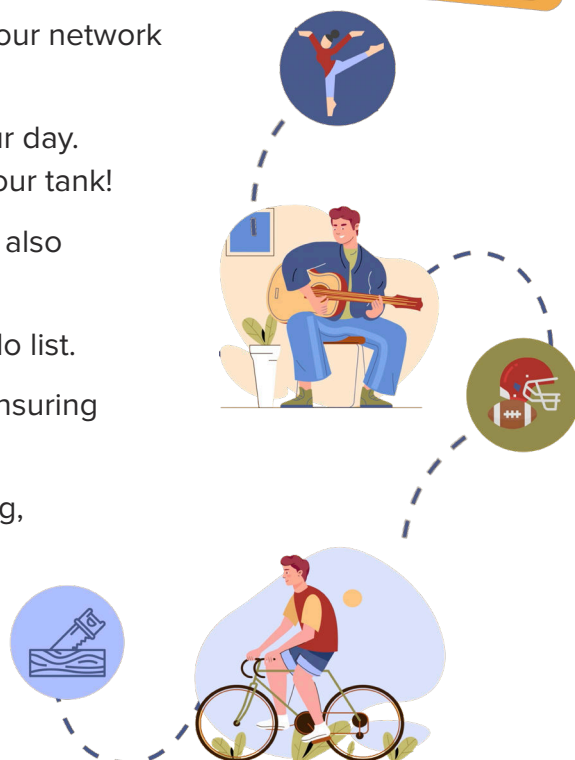
The Ontario Federation of Agriculture supports farmers, families and employees towards balanced mental health and overall wellness. Investing in your own mental wellness ensures you show up as the best version of yourself for the farm, the business and your loved ones.

You Matter

Livestock and equipment require regular care and maintenance and so do you. Even when the demands on the farm are high, it's important to include yourself on the priority list.

Self-care Checklist

- ➔ Establish a daily routine to help build adversity to stressors. Make time for loved ones, self-care, hobbies, adequate sleep and nutritious meals.
- ➔ Talk about the challenges we face with others. Lean on your network of friends, family and local community for support.
- ➔ Invest in self-care! Implement rest breaks throughout your day. Do something you enjoy for 5-15 minute intervals to fill your tank!
- ➔ Think positive! Mindset and thought pattern changes are also a form of self-care.
- ➔ Outsource overwhelming tasks to help complete the to-do list.
- ➔ Recharge your batteries: find activities you enjoy while ensuring you are getting enough rest to maintain your resiliency.
- ➔ Try something new off the farm - woodworking, gardening, outdoor activities, fitness classes, dancing, crafts, playing games or sports.



You are the farm's most valuable resource.

Others In Your Community Could Be Struggling

Red flags to look for:

- ❗ Out of character behaviour such as an active community member now being withdrawn, isolated and quiet.
- ❗ Physical changes such as hygiene, appearance and weight.
- ❗ Uncontrolled emotional outbursts.
- ❗ Visible decline to the farming operation such as barn cleanliness, livestock appearance, falling behind on field work.

If you or someone you know is struggling, you are not alone. There are resources and people available to help. It's important to remember, it's okay not to be okay!

For immediate
support call:
**The Farmer
Wellness Initiative**
...
1-866-267-6255

Visit OFA's Making Wellness Matter website
for a list of resources available to the farming community at
ofa.on.ca/making-wellness-matter



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