

Wellness Tips

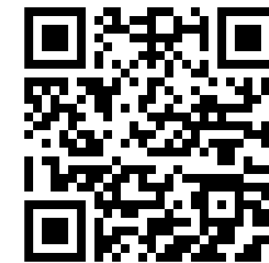
- Establish a daily routine
- Invest in self-care
- Think positively
- Stay connected
- Talk about your challenges
- Outsource overwhelming tasks
- Recharge your batteries
- Try something new off the farm
- Put yourself on the priority list

“
You are the
farm’s most
valuable
resource.”

Resources

If you or someone you know is
struggling, the
Farmer Wellness Initiative can help.
Call 1-866-267-6255

For more resources, visit:



ofa.on.ca/resources/making-wellness-matter

Making Wellness Matter

