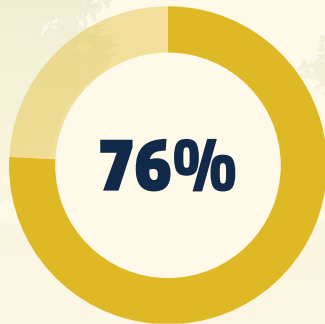
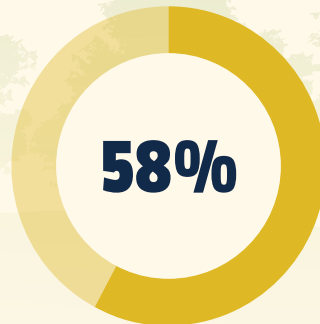


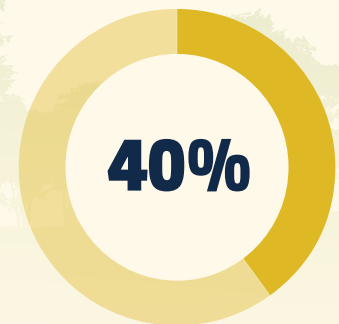
# MANAGING YOUR WELL-BEING ON THE FARM



of farmers experience moderate or high perceived stress



of farmers meet the classifications for anxiety



of Canadian producers reported they would feel uneasy about seeking professional help due to what people may think

## Practicing wellness

It's important to look after your basic needs:



**Stay nourished:** Eat balanced meals throughout the day that fuel your body and mind



**Sleep hygiene:** Getting enough sleep is key to feeling energized and alert



**Stay active:** Incorporate movement into your day



**Make time for your hobbies, interests and FUN:** This might include woodworking, gardening, outdoor activities, crafts, playing games or sports



**Talk about your challenges:** Lean on your friends and family and engage with supportive communities such as commodity organizations, service organizations or faith groups

Self-care doesn't have to be complicated or time consuming:



Take short rest breaks throughout your day



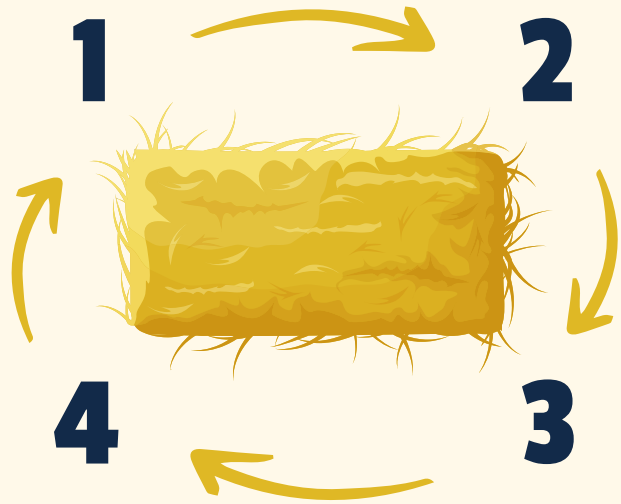
Listen to podcasts or music while you work



Focus on talking to yourself positively to counter negative thought patterns

# Feeling overwhelmed? Try box breathing!

- Visualize a box (maybe a square bale of hay or straw)
- Breathe out slowly, releasing all the air from your lungs
- Breathe in through your nose as you slowly count to four in your head
- Hold your breath for a count of four
- Exhale for another count of four
- Hold your breath again for a count of four
- Repeat for three-to-four rounds



**The Farmer Wellness Initiative:**  
Access free counselling services for farmers and their families at 1-866-267-6255. Available 24/7/365 in both English and French.



**GUARDIAN**  
Network

**The Guardian Network:**  
Volunteer in your community. Learn strategies and tools to identify the signs of mental distress. Connect individuals with appropriate mental health and crisis resources.



**In the Know:**  
Join a free workshop to learn more about stress, depression, anxiety, and substance use. Find out how to start conversations about mental well-being.

## AgricultureWellnessOntario.ca