

Managing Stress for People Working in Agriculture

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As a Kansan working in agriculture, you may experience elevated stress as you work hard to produce quality products, sustain your operation, and support your family.

Agriculture workers, employees, and the family often work day and night and cannot always avoid stressful and overwhelming situations, especially during a pandemic, drought, fluctuations in market prices, and other situations that are out of their control. Caring for your own health and wellness in your high-stress profession is often overlooked but is just as critical as caring for your operation.

How to Manage Your Stress

- Take deep breaths
- Meditate or sit quietly
- Connect with people in your social network
- Talk to yourself in a positive manner
- Exercise, eat good foods, get quality sleep
- Speak with a mental health professional

More resources are available in a new publication, MF3568 - "Managing Stress: Tips and Resources", and is available online at bookstore.ksre.ksu.edu/pubs/MF3568.pdf

For more information, please contact the local K-State Research and Extension Office.

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