

12 Tools for Your Wellness Toolbox in Times of Farm Stress

<p>1</p> <p>Exercise 20 minutes or more daily (walk, swim, ride a bike, etc.). Physical activity enhances feeling good.</p>	Physical	<p>2</p> <p>Get a medical checkup with a local health-care provider. Stress can cause or add to physical challenges.</p>	<p>3</p> <p>Spend 10 minutes to plan your day and priorities. A few minutes of planning reduces stress and helps you stay focused.</p>	Mental	<p>4</p> <p>Take regular five- to 10-minute breaks in your day to relax and recharge. Doing this multiple times a day renews your energy.</p>
<p>5</p> <p>Write down three things that you are grateful for daily. Conscious gratitude calms your mood.</p>	Emotional/Spiritual	<p>6</p> <p>Share concerns with a counselor or other professional. A listening ear helps lift your burdens.</p>	<p>7</p> <p>Take 15 minutes each day for uninterrupted conversation with a spouse or family member. A few minutes of planning reduces stress and helps you stay focused.</p>	Personal/Relational	<p>8</p> <p>Get involved or stay connected with a friend or group of friends. Doing this multiple times a day renews your energy.</p>
<p>9</p> <p>Discuss needs of the farm operation but do not let them occupy all other aspects of life. Plan other daily work tasks to shift your focus.</p>	Work/Professional	<p>10</p> <p>Seek constructive feedback on your farm operation and ways to grow or improve. Others can share ideas or assist in new ways.</p>	<p>11</p> <p>Create a family budget and seek to live within your means. This helps give you a sense of financial control.</p>	Financial/Practical	<p>12</p> <p>Select three healthy habits you will try to practice daily. Start today!</p>

My Wellness Commitment

Circle or list at least three wellness tools you can begin doing today and post this in your home, office or vehicle as a reminder.

1 _____

2 _____

3 _____

For more information on wellness tools and farm stress, visit our NDSU Extension website at www.ag.ndsu.edu/drought/stress-resources

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