



Dealing with a stressful season

Stressful periods like floods, extended wet conditions and associated production losses often result in farmers themselves getting a bit stuck and operating at less than their best. Even months down the track.

A key to recovery is to remain as healthy as you can and recognise that experiencing high workload, stress and uncertainty following extreme climatic events is normal.

Everyone copes differently. You will get through it!

Quick tips to help you on the journey

Stay Healthy

- Food—eat healthy food where possible, limit high sugar/fat/salt
- Water—keep well hydrated with clean/uncontaminated drinking water
- Sleep—make sleep a priority
- Minimise alcohol consumption
- Remember to take medications
- Staying connected to people is critical to recovery—talk/listen
- Take a moment to recharge—walk away, stop, breathe, take a rest
- Avoid negative or distressing content on social media and TV

Be kind to yourself and others

Be aware of signs of distress

- Inability to focus
- Irritability
- Difficulty making decisions
- Withdrawing from social contact
- Physical symptoms: nausea, headache, muscle aches, skin rashes, insomnia

Stay Safe

- Keep farm safety front of mind
- Avoid driving or operating machinery when tired

Check in on yourself - how are you?



Find our #BuildingFarmSpirit movement on social media



farmerhealth.org.au/buildingfarmspirit

Seek support - Dont be afraid to ask for



National Centre for Farmer Health

If you or someone you know is struggling through these hard times head to our webpage for resources, tools and information including:

- **Managing Stress on the Farm book**

Walks through the common stressors on farms, and offers practical ways to deal with them. MSOF includes the Steering Straight plan, which is an action plan to manage challenges through practical, useful steps.

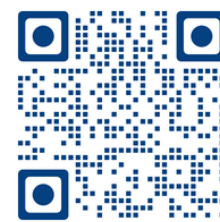
- **Farmer Online Assist Program**

Free access to online mental health support delivered by farmer health trained psychologists.

- **Organise a community event**

If you have an idea that promotes social connection and wellbeing for farmers, please register your interest or chat with us about how we can partner with you.

 farmerhealth.org.au/buildingfarmspirit



Support contacts list

Rural Aid

1300 327 624
www.ruralaid.org.au

Rural Financial Counselling Service

1300 735 578
www.wswrcs.com.au

Flood Recovery Hotline

1800 560 760
www.vic.gov.au/emergency-recovery-victoria

National Emergency Management Agency

www.nema.gov.au

Agriculture Victoria

www.agriculture.vic.gov.au/floods

Phoenix Australia

<https://www.phoenixaustralia.org>

Lifeline

13 11 14

Beyond Blue

1300 224 636

MensLine

1300 789 978

Kids Helpline

1800 551 800

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