



# Dealing with a stressful season

Stressful periods like extended dry conditions and associated production risks often result in farmers themselves getting a bit stuck and operating at less than their best.

A key to farmer wellbeing is to remain as healthy as possible and recognise that experiencing high workload, stress and uncertainty 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?



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# Seek support - Dont be afraid to ask for help

## 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 including Acceptance skills, Coping skills, Action skills, Team skills, Goal setting skills and Help seeking skills.

- **Steering Straight Plan**

An action plan to manage challenges through practical, useful steps.

- **Campfire podcasts**

Solution focussed podcasts from topic and farmer experts to address work-related risks to mental health



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## Support contacts list

### Rural Aid

1300 327 624  
[www.ruralaid.org.au](http://www.ruralaid.org.au)

### Rural Financial Counselling Service

1300 735 578  
[www.wswrcs.com.au](http://www.wswrcs.com.au)

### Rural Health Connect

<https://ruralhealthconnect.com.au>

### TIACS

<https://www.tiacs.org/>

### Agriculture Victoria

[www.agriculture.vic.gov.au/farm-management/managing-for-and-during-drought/dry-season-support](http://www.agriculture.vic.gov.au/farm-management/managing-for-and-during-drought/dry-season-support)

### Phoenix Australia

[www.phoenixaustralia.org](http://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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