

Prioritize YOUR Health

Keep this card with you at all times to remember that you are not alone.

Remember these key steps:

1. Focus on what you can control.
2. Ask someone to listen without offering solutions.
3. Keep yourself physically healthy.
4. Find practical ways to relax.
5. Use reliable resources.

You can't control the rain – but you can control when you put your boots up.

Ways to Manage your Stress

Manage **Events**

- Plan ahead. Don't procrastinate.
- Set priorities and plan your time.
- Say no to extra commitments that you do not have time to do.
- Simplify your life. Reduce your financial dependence on others.
- Be mindful of scheduling stressful events within your control.

Control **Attitudes**

- See the big picture: "I'm glad that tire blew out here rather than on that next hill."
- List all the stresses you have. Identify those you can change; accept the ones you cannot change.
- Shift your focus from worrying to problem-solving.
- Think about how to turn your challenges into opportunities.
- Notice what you have accomplished rather than what you failed to do.
- Set realistic goals and expectations daily. Give up trying to be perfect.

Actionable **Responses**

- Listen to your body. Think good thoughts. You've got this.
- Make windshield time count. Tune into music or a podcast that uplifts you.
- Get moving. Even a short walk or stretch helps clear your mind.
- Fuel your body right. Good food supports a strong mind.
- Pause and reset. Take a minute to daydream, pray, or meditate.
- Breathe deep. Taking three slow breaths can help calm your nerves.
- Share a laugh. Call a neighbor and swap a joke or a story.
- Talk it out. Chat with someone you trust—it helps.
- Stretch and unwind before bed. It can help you sleep better.
- Be aware that tobacco, alcohol, and other substances can worsen stress and sleep.
- Keep caffeine to daytime hours so you can rest easier.
- Rest up. Sleep gives your brain the power to handle tough days.
- Ask for help. It's a sign of strength—not weakness.

If you are experiencing these symptoms, it may be time to seek help.

- Aggression/Irritability
- Fatigue
- Persistent worry or fear
- Withdrawing from activities
- Avoiding others
- Significant weight changes
- Substance abuse

You're more than your yield – your worth isn't measured in bushels.

Where To Get Help

- **Crisis Lifeline** (24 hours/day)
 - Call: 9-8-8
- **FirstLink Help Line**
 - Call: 2-1-1 | visit myfirstlink.org
- **Farm Rescue**
 - Call: (701) 252-2017 | Email: info@farmrescue.org
- **Farm Aid Hotline**
 - Call: 1-800-FARM-AID
- **AgriSafe Network** (Stress Management tools)
 - www.agrisafe.org
- **ND Regional Human Service Centers** (Walk-in services)
 - Available statewide | www.hhs.nd.gov/HSC
 - Scan QR code above to find locations nearest you



Things to Remember:

- Taking care of your operation starts with taking care of yourself.
- Keep a “plan B” mindset – focus on what can be controlled when weather, markets, or equipment fail.
- When you're rested, your decision-making improves – that means fewer mistakes in the field.
- Use the buddy system – check in with neighbors, co-op friends, or other producers during tough seasons.



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