



## FARM STRESS MANAGEMENT PLAN



CASA | ACSA  
CANADIAN AGRICULTURAL SAFETY ASSOCIATION  
ASSOCIATION CANADIENNE DE SÉCURITÉ AGRICOLE

With the proper tools, it's possible to reduce and eliminate stress.  
After taking a stress inventory, take the time to manage your stress.  
Follow the nine steps to put a plan in place.

1. The **specific stressful problem or situation** we want to solve is (e.g., increased workload at peak times):

---

---

---

2. The **roadblocks and barriers** to solving this problem are (e.g. Not enough help, more livestock to manage, other's expectations):

---

---

---

3. Some **early warning symptoms** of this stressful problem are (e.g., longer to-do lists, feeling anxious about getting everything done.):

---

---

---

4. Some stress relief **methods** that work well for us are (e.g., talking about expectations, planning work ahead of time, scheduling time for sleep and relaxation.):

---

---

---

5. Some possible ways we could solve the problem identified in #1 are:

By controlling **events** (e.g., postponing non-essential work, saying no to other activities):

---

---

---

By controlling our **attitudes** (e.g., the worst that would happen if we didn't get xxx done by this time? We've survived worse.):

---

---

---

By controlling **responses** (e.g., instead letting the work overwhelm, celebrate what's been accomplished):

---

---

---

By using **resources** (e.g., asking others for help, using technology to the best advantage):

---

---

---

6. We are aware that we know ourselves better than anyone else. So if we were to write the **best prescription** available to cure the problem identified in No. 1, here's what we'd plan:

---

---

---

7. The personal benefit we'll get from using our plan is (e.g., the work we get done will be done well. The farm will still be here and so will we. We won't rush and this will help keep us safe.):

---

---

---

8. The price we'll have to pay is (e.g., we'll have to remind ourselves that this won't be life forever, some things that aren't essential may not get done as fast as we'd like.):

---

---

---

9. A way we'll make sure we get a reward for our new behavior is (e.g., we will celebrate the work we get done. We will take the time to eat, sleep and enjoy our family.):

---

---

---

After putting the plan into action for a week or two, you may want to evaluate your progress and perhaps revise your plan or develop a new one to solve another farm stress problem.

Adapted with thanks from University of Kentucky College of Agriculture Cooperative Extension Leaflet 284.

Robert J. Fetsch, Professor and Extension Specialist, Department of Human Development and Family Studies, Colorado State University, Fort Collins, CO 80523

The Building Resilience on the Farm series is a part of Canadian Agricultural Safety Week 2019. For more information, visit [agsafetyweek.ca](http://agsafetyweek.ca)