

MENTAL HEALTH MATTERS: KEEPING SAFE AND WELL ON THE FARM

Farming is a demanding occupation characterized by high levels of stress and physical labour. It's hard work – both physically and mentally. These factors contribute significantly to the mental health challenges faced by farmers, farm workers and farm families. The intricate connection between farm work and mental well-being has significant implications, not only for individuals but also for the safety and efficiency of farming operations.



FARMING, LIFE AND STRESS

Farmers' lives are deeply connected to their work, leaving little room for personal time or separation between work and personal life. This constant connection to work increases stress, which can add to symptoms of anxiety and depression. Long work hours, especially during busy seasons, add even more pressure, leaving little time for rest or relaxation. Time away from the farm, even for short periods, can help to provide a fresh perspective for problem-solving and a renewed sense of passion and purpose for the farm. A short time away from the farm also provides one's body with the opportunity to have a break from the stress.

WHAT CAN WE DO?

- Get regular medical check-ups to catch and manage health issues early.
- Follow safety protocols and use protective gear to reduce exposure to hazards.
- Seek professional mental health support to help with managing stress and symptoms of distress.



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