

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.



SLEEP AND MENTAL SHARPNESS

Long work hours often mean less sleep and poor sleep quality, which worsens stress and challenges mental health. Lack of sleep affects the ability to multitask, pay attention, make decisions, and avoid risks. Chronic fatigue and decreased thinking ability increase the chances of accidents and unsafe practices on the farm.

WHAT CAN WE DO?

- Prioritize sleep by setting a consistent sleep schedule and creating a restful sleep environment.
- Take a nap on the days when a consistent sleep schedule may not be possible during high production seasons.
- Avoid caffeine and electronic devices before bedtime.
- Practice relaxation techniques like meditation or deep-breathing exercises to improve sleep quality.