

“Farming in our Rural Communities is not just an economic industry, but a way of life.”

-Sue Kelly



Farm Family Stress Information & Resources
is a service of the
KELSEY TRAIL HEALTH REGION

For more information about this or other services of the Kelsey Trail Health Region contact the Regional Office at 306-873-6600 or visit our website www.kelseytrailhealth.ca



Provincial Health Line
24 hour health advice



KTHR Quality of Care Coordinator
1-877-573-6601



Farm Family Stress Information & Resources

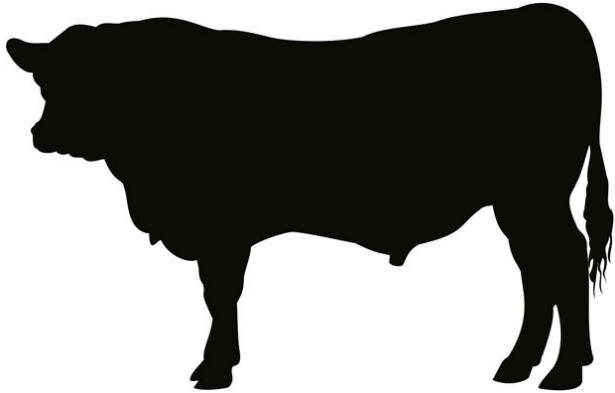


FARM STRESS LINE :
1 (800)-667-4442
Call before a problem becomes a crisis

Healthy People in Healthy Communities

Farm Family Stress

“Rural families deserve credit for working hard to meet the challenges that are often beyond their control such as weather, pests, disease, high-input costs, volatile markets and low financial returns at the farm gate. (Government Saskatchewan, 2016).”



“Farmers and ranchers endure high levels of stress and may find that it has negatively affected their health and has reduced their quality of life. High stress can compromise personal safety and affect family relationships (Government of Saskatchewan, 2016).”

Symptoms of Stress

- Stomach Distress
- Unexplained headaches
- Back Pain/ generalized aches & pain
- Muscle tension
- Chest pain
- Chronic fatigue
- Insomnia or disrupted sleep
- Change in appetite
- Irritability or anger out of proportion to the situation
- Forgetfulness
- Trouble making decisions
- Inability to relax and/or concentrate
- Relationship problems, hard on self, family or others
- Depression/ withdrawal
- Substance abuse
- Thoughts of or attempts at suicide

(Government of Saskatchewan, 2016)



How to Manage Stress

- Exercise
- Eat a balanced diet
- Take time for yourself
- Avoid alcohol and drugs
- Don't isolate yourself
- Separate the things you can control from those that are beyond your control
- Deal with problems—avoidance only complicates them
- Focus on solutions
- Base decisions on accurate information
- Set priorities step by step
- Talk to others

Mental Health Intake

1(306) 752-8767

Farm Stress Line

Toll Free: 1-800-667-4442

