



Managing Stress and Pursuing Wellness – Ways to Manage Your Stress

Rebecca McFarland
Frontier Extension District
Family and Child Development

Recognizing early warning signs of stress is the first step to managing your stress. Being in tune with your body and in your relationships with others, gives you the opportunity to take action before things get out of control. Learning to control events, attitudes and responses day in and day out will help you manage those hectic, stressful times. Below are some ideas of how you can manage stress by controlling events, attitudes and responses.

Control Events

- Plan ahead.** Replace worn machinery parts during the off season and service machinery on a regular basis.
- Before key seasons, discuss who can be available** to run for parts, drive machinery, care for livestock, etc.
- Set priorities and plan your time.** Decide what has to be done today and what can wait until tomorrow or later.

Control Attitudes

- Shift your focus on worrying to problem solving.**
- Notice what you have accomplished** rather than what you failed to do.
- Set realistic goals and expectations daily.**

Control Responses

- Take care of your body.** Exercise regularly and eat healthy meals.
- Limit your intake of stimulants** such as coffee, sodas and tea.
- Avoid smoking cigarettes, using alcohol or other drugs, or using tranquilizers or sleeping pills.**
- Look for humor in things that you do.**
- Balance work and play.** Give time and energy to both of them.
- Find someone with whom you can talk about your worries and frustrations.**
- Seek professional help when you need it.** All of us have times when we can benefit from professional help or support.
- Get sufficient and restful sleep.**

Use the [Managing Rural Stress Model](#) to help you work through a process to manage the pressures that impact your family, your farming operation and your life in general. The key is to be flexible and maintain a balanced lifestyle. For more information visit [Managing Stress and Pursuing Wellness in Agriculture](#). Or contact Rebecca at 785-229-3520 or rmcfarla@ksu.edu.

Brotherson, S.E. (June 2016). *Farming and Ranching in Tough Times*. Extension publication FS1804. Fargo, N.D.; NDSU Extension Service.