

# Farm Stress Management Picture This



## Farming Mental Health in Canada

1 in 8 jobs in Canada is in the agriculture agri-food industry.

In a survey of more than 100 farmers:

- 33% feel the pressure for depression
- 58% feel the pressure for anxiety
- 45% were highly stressed
- 42% were already seeking professional help

### Stressors

responsibility for financial outlook

- Weather
- Government regulations
- Self and business
- Continually price declines
- Uncertain well-being
- Others' other values, being there
- Family conflicts
- Language
- Business uncertainty
- Public perception and interpretation of farming

### What can be done

Share appreciation for farmers through public awareness campaigns and messages.  
Check in with farming community members.  
Talk and share personal stories to reduce stigma.  
Build capacity in mental health awareness and prevention.  
Provide available telephone help lines and a mental health services for farmers.

### Practicing self-care

#### Health Effects

- Mental health disorders
- Heart disease and high blood pressure
- Back pain
- Diabetes
- Substance use
- Impaired learning and memory
- Alcoholism
- Increased mortality

Ask for help and offer to help. Reach out to your community.

Get aside time to disconnect from technology. Use that time to exercise or just relax.

Make the most of the sleep you're getting. Think about your nightly routine and your surroundings.

Talk to someone. Opening up is not a sign of weakness but takes strength. Where you can go: <https://www.dominion.ca/resources>

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