## Strategies to help you cope

<table>
<thead>
<tr>
<th>Physical</th>
<th>Mental</th>
<th>Emotional / Spiritual</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Get a medical checkup</td>
<td>• Take 10 minutes and reflect on your blessings</td>
<td>• Tell a loved one what you appreciate about him/her</td>
</tr>
<tr>
<td>• Eat a healthful breakfast</td>
<td>• Write your thoughts in a journal or notebook</td>
<td>• Play with a child or grandchild</td>
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<tr>
<td>• Drink four to eight glasses of water daily</td>
<td>• Listen to relaxing music</td>
<td>• Volunteer to help with a cause important to you</td>
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<tr>
<td>• Eat more fruits, vegetables and healthful snacks</td>
<td>• Spend 30 minutes doing something with your hands (draw, carve, etc.)</td>
<td>• Go out for a meal with a friend or loved one</td>
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<tr>
<td>• Exercise at least 20 minutes daily (walk, swim, ride a bike, etc.)</td>
<td>• Read a book you enjoy</td>
<td>• Reflect on and forgive yourself for mistakes</td>
</tr>
<tr>
<td>• Get at least seven to eight hours of restful sleep</td>
<td>• Watch TV or videos that make you laugh</td>
<td>• Share concerns with a counselor or other professional</td>
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<tr>
<td>• Receive a neck or back massage</td>
<td>• Do a hobby</td>
<td>• Explore your spiritual life and activities</td>
</tr>
<tr>
<td>• Take a relaxing bath or shower</td>
<td>• Attend a class or seminar to learn something new or of interest to you</td>
<td>• Pray or meditate</td>
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<tr>
<td>• Hug a loved one or friend</td>
<td>• Visit with a counselor or spiritual leader</td>
<td>• Do random acts of kindness</td>
</tr>
<tr>
<td>• Practice restful, deep or slow breathing</td>
<td>• Reach out to someone for support or help</td>
<td>• Express “thank you” to someone daily (send a note, etc.)</td>
</tr>
<tr>
<td>• Abstain from alcohol, tobacco or other drugs</td>
<td>• Spend 10 minutes to plan your day and priorities</td>
<td>• Write down three things you are grateful for daily</td>
</tr>
<tr>
<td>• Do gentle stretching during a break or to warm up or cool down</td>
<td>• Take regular five- to 10-minute breaks in your day to relax and recharge</td>
<td>• Go for a walk or drive in nature</td>
</tr>
</tbody>
</table>
Managing Stress and Pursuing Wellness in Times of Tight Margins

Used with permission of Sean Brotherson, Ph.D., Family Science Specialist, North Dakota State University. For more information on wellness tools and farm stress, visit the K-State Families website: www.ksre.ksu.edu/families

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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www.ag.ndsu.edu/cff/resources-for-emotional-and-mental-health
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<th>Personal / Relational</th>
<th>Work / Professional</th>
<th>Financial / Practical</th>
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<tr>
<td>Clean or organize your personal space(s)</td>
<td>Focus on factors you can control in your work</td>
<td>Assess your family finances and needs</td>
</tr>
<tr>
<td>Reflect on and write down your goals</td>
<td>Take time for lunch and a “work break” daily</td>
<td>Create a family budget and live within your means</td>
</tr>
<tr>
<td>Spend time with a pet</td>
<td>Plan your next day at the end of the work day and set priorities ahead of time</td>
<td>Learn new strategies to stretch your family finances</td>
</tr>
<tr>
<td>Take 15 minutes each day to have uninterrupted conversation with a spouse or family member</td>
<td>Be flexible with time and tasks as things come up</td>
<td>Schedule time to organize your records monthly</td>
</tr>
<tr>
<td>Spend time playing games with family members</td>
<td>Set boundaries and do not overcommit yourself</td>
<td>Take a seminar to learn more about financial management</td>
</tr>
<tr>
<td>Learn more about your family history</td>
<td>Say “no” more often</td>
<td>Spend 15 minutes a day reviewing your tasks and setting priorities</td>
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<tr>
<td>Begin or renew a friendship</td>
<td>Do not let the farm operation intrude on all other aspects of life</td>
<td>Select three healthy habits you will try to practice daily</td>
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<tr>
<td>Get involved or stay connected with a group of friends</td>
<td>Talk to other farmers about their strategies</td>
<td>Ask for positive feedback from others and build on it</td>
</tr>
<tr>
<td>Plan a getaway with a family member</td>
<td>Take a seminar and learn new ways to handle issues</td>
<td>Ask for constructive feedback from others and learn from it</td>
</tr>
<tr>
<td>Go on a vacation</td>
<td>Seek feedback on your farm operation and ways to grow or improve</td>
<td>Investigate new ways for doing things in your work</td>
</tr>
<tr>
<td>Eat or make your favorite meal</td>
<td>Schedule time away from work to relax and then take the time</td>
<td>Read something new every day</td>
</tr>
<tr>
<td>Do an activity you personally enjoy (fishing, see a movie, etc.)</td>
<td>Minimize and resolve conflicts with others</td>
<td>Let go of what you cannot control</td>
</tr>
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