

# Strategies to help you cope

## Physical

- Get a medical checkup
- Eat a healthful breakfast
- Drink four to eight glasses of water daily
- Eat more fruits, vegetables and healthful snacks
- Exercise at least 20 minutes daily (walk, swim, ride a bike, etc.)
- Get at least seven to eight hours of restful sleep
- Receive a neck or back massage
- Take a relaxing bath or shower
- Hug a loved one or friend
- Practice restful, deep or slow breathing
- Abstain from alcohol, tobacco or other drugs
- Do gentle stretching during a break or to warm up or cool down

## Mental

- Take 10 minutes and reflect on your blessings
- Write your thoughts in a journal or notebook
- Listen to relaxing music
- Spend 30 minutes doing something with your hands (draw, carve, etc.)
- Read a book you enjoy
- Watch TV or videos that make you laugh
- Do a hobby
- Attend a class or seminar to learn something new or of interest to you
- Visit with a counselor or spiritual leader
- Reach out to someone for support or help
- Spend 10 minutes to plan your day and priorities
- Take regular five- to 10-minute breaks in your day to relax and recharge

## Emotional / Spiritual

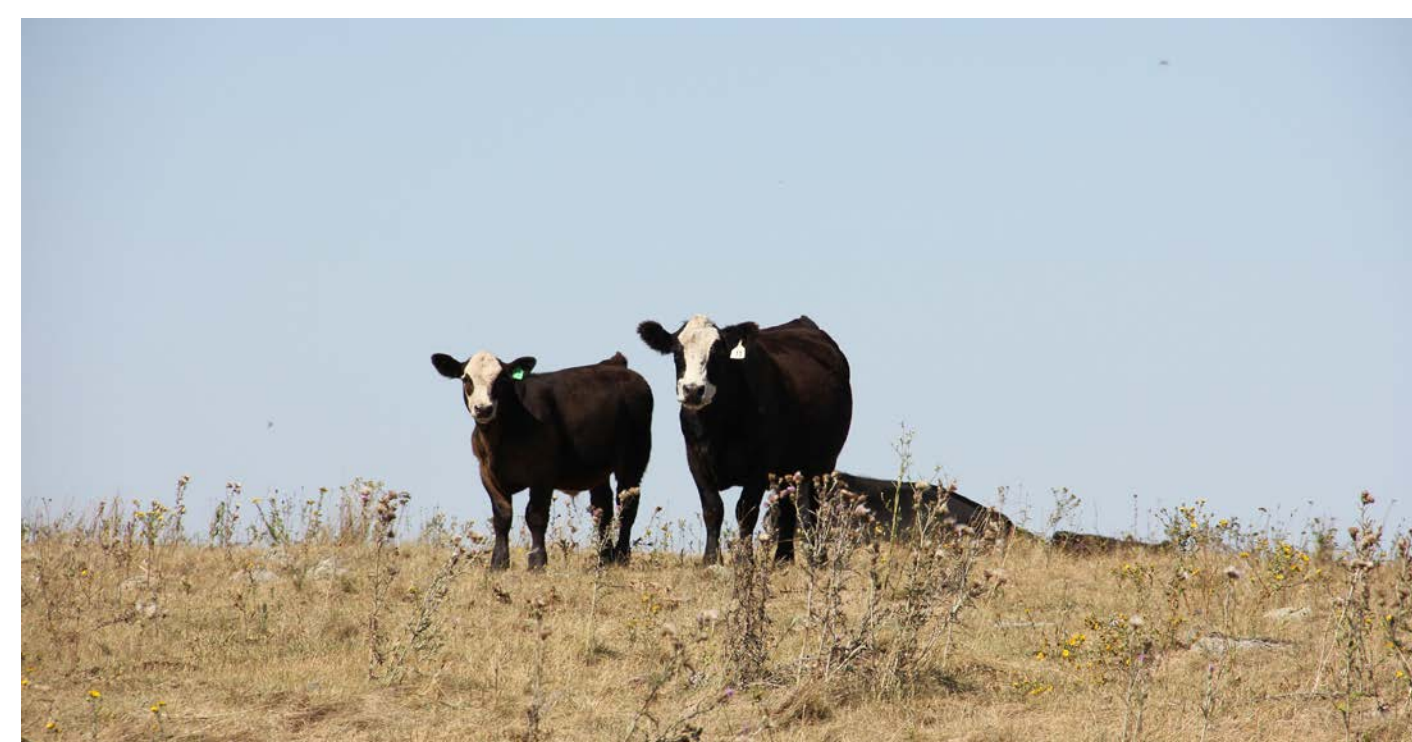
- Tell a loved one what you appreciate about him/her
- Play with a child or grandchild
- Volunteer to help with a cause important to you
- Go out for a meal with a friend or loved one
- Reflect on and forgive yourself for mistakes
- Share concerns with a counselor or other professional
- Explore your spiritual life and activities
- Pray or meditate
- Do random acts of kindness
- Express “thank you” to someone daily (send a note, etc.)
- Write down three things you are grateful for daily
- Go for a walk or drive in nature





# Managing Stress and Pursuing Wellness

in Times of Tight Margins



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[www.ag.ndsu.edu/cff/resources-for-emotional-and-mental-health](http://www.ag.ndsu.edu/cff/resources-for-emotional-and-mental-health)

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](http://www.ksre.ksu.edu/families)

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## Personal / Relational

- Clean or organize your personal space(s)
- Reflect on and write down your goals
- Spend time with a pet
- Take 15 minutes each day to have uninterrupted conversation with a spouse or family member
- Spend time playing games with family members
- Learn more about your family history
- Begin or renew a friendship
- Get involved or stay connected with a group of friends
- Plan a getaway with a family member
- Go on a vacation
- Eat or make your favorite meal
- Do an activity you personally enjoy (fishing, see a movie, etc.)

## Work / Professional

- Focus on factors you can control in your work
- Take time for lunch and a “work break” daily
- Plan your next day at the end of the work day and set priorities ahead of time
- Be flexible with time and tasks as things come up
- Set boundaries and do not overcommit yourself
- Say “no” more often
- Do not let the farm operation intrude on all other aspects of life
- Talk to other farmers about their strategies
- Take a seminar and learn new ways to handle issues
- Seek feedback on your farm operation and ways to grow or improve
- Schedule time away from work to relax and then take the time
- Minimize and resolve conflicts with others

## Financial / Practical

- Assess your family finances and needs
- Create a family budget and live within your means
- Learn new strategies to stretch your family finances
- Schedule time to organize your records monthly
- Take a seminar to learn more about financial management
- Spend 15 minutes a day reviewing your tasks and setting priorities
- Select three healthy habits you will try to practice daily
- Ask for positive feedback from others and build on it
- Ask for constructive feedback from others and learn from it
- Investigate new ways for doing things in your work
- Read something new every day
- Let go of what you cannot control