




The Farm/Ranch Stress Zone

Stress is made apparent in a variety of ways as a person responds physically, mentally or emotionally to existing pressures or concerns. Each person is affected differently, and becoming familiar with common ways in which stress affects a person is helpful.

How do you know you are feeling stressed? List examples of “feeling stressed” in each of the following categories.

<p style="text-align: center;">Physical</p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p style="text-align: center;">Mental</p> <hr/> <hr/> <hr/> <hr/> <hr/>
<p style="text-align: center;">Emotional</p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p style="text-align: center;">Social</p> <hr/> <hr/> <hr/> <hr/> <hr/>



Rural Stress

Your Personal Stress Zone

Privately assess where you might be in the “Stress Zone” on a scale of 1 to 10 (1 = low and 10 = high). This may vary at work, at home or on a given day, so assess where you are “in general” rather than at specific times.



Common Farming/Ranching Pressures

Some unique pressures can occur in farming/ranching or rural areas that may result in feeling stressed. Identifying key sources of rural stress can be helpful in figuring out how to approach and manage such stresses. List any that you feel might be of importance to you.

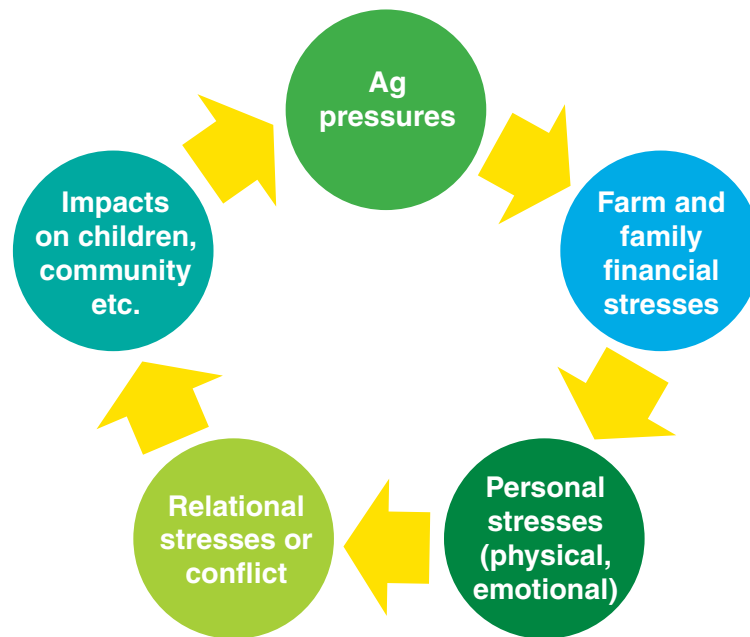
Farm Financial Stresses

Family Financial Stresses

Individual or Relationship Stresses

Rural Stress and Individual/Family Wellness

This cyclical model indicates how stress often develops in agricultural/rural contexts, such as farming and ranching, and then impacts farming operations, individuals, families and communities. This information can be helpful to understanding the cycles of stress. (See below)



- **Rural stress** can have a challenging effect on individuals and families due to the **agricultural pressures** that interact with each other.
- Individuals and families who work in agriculture are tightly linked to the **agricultural system** (top circle), and pressures in the agricultural system then lead toward stresses on the farm financial situation and/or the family financial situation (right circle).
- **Economic stresses** occurring in the farm financial setting and family financial setting (right circle) can raise challenges and stress levels for individuals, leading to heightened levels of personal stress that have physical, emotional and mental impacts (bottom right circle).
- Individuals experiencing increased **personal stresses**, such as anxiety, depression or physical fatigue (bottom right circle), may find themselves having greater difficulties or conflict in their family or business relationships (bottom left circle).
- Stresses or conflict experienced in **relationships with others** (bottom left circle) may generate further stresses or unhealthy outcomes, such as relationship difficulties, parenting difficulties, frustration or stress for children or less involvement in the community (left circle).
- A healthy response to stresses occurring due to challenges in agriculture will incorporate all of the elements in this system. In other words, focusing on farm financial pressures but neglecting relational stresses or conflict with a spouse or employees is not sufficient. Take steps to find and use coping strategies and resources that are useful in each area.

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Visit the K-State Families website for more information about families and stress: www.ksre.ksu.edu/families

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