

Mental Health in Agriculture: Managing Stress & Seasonal Workload Pressure

Why It Matters:

Farming is physically and emotionally demanding. High stress, long hours, and financial pressures can lead to burnout, depression, and even suicidal thoughts.

Key Safety Points:

- Recognize signs of stress and burnout: trouble sleeping, mood swings, withdrawal from others.
- Take breaks, even short rest periods can improve mental well-being.
- Talk openly about stress with family, co-workers, or mental health professionals.
- Encourage a positive farm culture where asking for help is accepted.
- Make use of Wisconsin farm stress resources like the Farm Center Helpline.

Real-Life Risks:

- Studies show farmers have higher rates of depression compared to other professions.
- Some accidents on farms are linked to exhaustion and stress-related distractions.

Discussion Questions:

- How do you personally manage stress during busy seasons?
- What steps can we take to support mental health on the farm?