



***Sometimes
It Takes a
Village to
Run a Farm***

Manage Ranch and Farm Stress by connecting with those around you

Working in agriculture is accompanied by managing a variety of stresses on a regular basis. Connecting with others can help us cope with stress and become more resilient. Here are some tips to stay connected with your family and community:

Designate Family Time Each Week

Plan a family game night each week. Setting aside a couple hours each week for a fun family activity lifts everyone's spirits and helps develop meaningful relationships.

Talk and Listen

It may feel awkward sometimes to talk about stress/mental health, but the more it is discussed, the easier those conversations become. Avoid trying to 'fix' the situation, but rather listen with the intent to offer love and support.

Stay Involved with Your Community

Rural communities are stronger when community members are looking out for each other. Reach out to a friend or neighbor to ask how they are doing. Make a point to attend local community events.

Find What Works for You

Each farm has its own unique stressors that affect the operation. Discuss what these are and how to overcome them as a family and as a community.



"In all honesty, I love farming. I love where I live. So I can't say that I regret this, but it is incredibly hard."

- Nevada Farmer





“There’s something in me that I don’t want to leave this life[style]. I don’t even know why...there’s something so peaceful and kind of real about working in...dirt, water, and sun.”

- Nevada Farmer

In rural areas, neighbors can be few and far between. The **Nevada Farm Network** brings together the state’s farming community so they can share resources, experiences, and connections to increase farm efficiency, economic return, conservation of resources, and overall viability of Nevada’s agricultural systems.

Here are some resources they provide:

Resource library

Explore Nevada-relevant resources covering topics from seeding and weeding to business and marketing on the comprehensive resource library.

Online Network

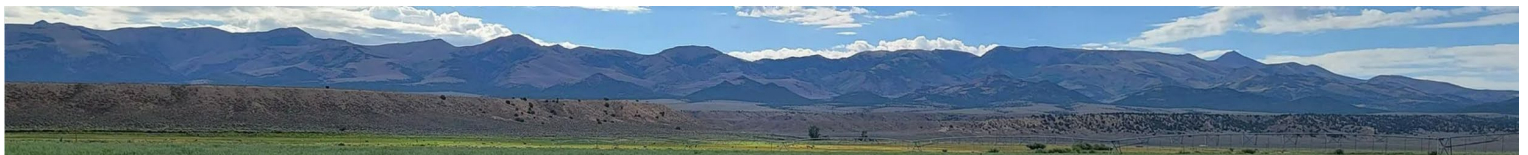
Join your fellow farmer in an online community just for Nevada agriculture.

Events

To strengthen community ties and provide opportunities for learning, the Network also hosts occasional events and mixers both online and in person.



Visit <https://naes.unr.edu/farm-network/> or scan the QR code to access the Network’s online resources.



References:

Centers for Disease Control and Prevention. (2023). How to Reduce Stress in 10 Minutes. CDC. <https://www.cdc.gov/emotional-wellbeing/features/reduce-stress.htm>

Idaho Farm & Ranch Center. (2022). Managing farm stress for farm and ranch families. Idaho State Department of Agriculture. <https://agri.idaho.gov/farmcenter/wp-content/uploads/2022/11/Managing-Farm-Stress.pdf>

Nevada Agriculture Stress and Wellness. (2024). Nevada farm network. Nevada Farm Network, University of Nevada, Reno. <https://naes.unr.edu/farm-network/default.aspx>

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Nevada Agriculture Stress And Wellness
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