

# Managing Ranch and Farm Stress

**“It’s been a struggle and it’s been hard balancing everything at times, as far as the animals and life goes.”**

-Nevada Rancher

Stress symptoms are early warning signs like a flashing light on the dashboard of your car when the engine is acting up or overheating.

If you ignore it long enough, things may break down.



**Are you experiencing ranch and farm stress?  
Check for any signs you have experienced in the past 4 weeks**

## Ranch and Farm Stress Self Check

### Physical Signs

- Muscles (loose or tight)
- Head (clear or aching)
- Stomach (calm or upset)
- Breath (easy or tense/rapid)
- Energy (good or low)

### Emotional Signs

- Anxiety level (peaceful or worried)
- Patience level (calm or irritable)
- Emotional energy (calm or restless)
- Motivation (focused or uninterested)
- Conflict management (gentle or hostile)

### Behavioral Signs

- Social Interaction (engaged or isolated)
- Sleeping patterns (typical or sleeping much more/less)
- Eating patterns (typical or eating much more/less)
- Listening efforts (patient or hurried)
- Use of alcohol or other substances (none/mild or increased)



**Consider a Hobby**

“I think having hobbies, interests, outside of your work is a good way to decompress and just get your mind off stuff.”

-Nevada Farmer

### 7 ways to help reduce stress:

- ✓ **Get enough sleep.** Inadequate or poor-quality sleep can negatively affect your mood, mental alertness, energy level, and physical health.
- ✓ **Learn relaxation techniques.** Prayer, meditation, deep breathing exercises, and yoga are powerful relaxation techniques and stress-busters.
- ✓ **Strengthen your social network.** Connect with others by taking a class, joining an organization, or participating in a support group.
- ✓ **Get organized.** The more efficiently you can juggle work and family demands, the lower your stress level.
- ✓ **Try to resolve stressful situations if you can.** Don't let stressful situations fester. Hold family problem-solving sessions and ask neighbors for support.
- ✓ **Nurture yourself.** Take a walk, listen to your favorite music, read a book, or do something creative.
- ✓ **Ask for help.** Don't be afraid to ask for help from your spouse, friends, and neighbors. If stress and anxiety persist, talk to your doctor.

### Key Resources for Farm Stress

Nevada 2-1-1: Behavioral and mental health resources (non-emergency)

National Suicide Prevention Hotline: call or text 988 - 24/7

NV Rural CARE Team: 1-877-283-2437

Farm Aid: 1-800-327-6243

In a medical emergency, call 911



University of Nevada, Reno



**EXTENSION**

College of Agriculture, Biotechnology & Natural Resources

References:

Brotherson, S. (2022, July 8). Farm stress fact sheet. [Www.ndsu.edu](https://www.ndsu.edu); NDSU Extension. <https://www.ndsu.edu/agriculture/extension/publications/farm-stress-fact-sheet-stress-symptoms>  
 Harvard Health Publishing. (2020). 7 ways to reduce stress and keep blood pressure down. Harvard Health. <https://www.health.harvard.edu/heart-health/7-ways-to-reduce-stress-and-keep-blood-pressure-down>

Made possible with funding from the Western Regional Agriculture Stress Assistance Program



**Nevada Agriculture Stress And Wellness**

*Cultivate Resilience, Harvest Hope*