

What is stress?

Stress is a physical and mental response to a situation, event, or feeling. Too much stress for long periods of time can lead to health problems like high blood pressure, diabetes, and mental health concerns including depression and anxiety.

What may cause stress?

- ✓ Being separated from family and friends
- ✓ Working long hours and not having time to relax
- ✓ Pressure to complete work tasks
- ✓ Extreme weather conditions (e.g., heat, cold, floods, wildfires)
- ✓ Relationships with coworkers, supervisors or crew chiefs
- ✓ Worrying about losing your job
- ✓ Fear related to immigration concerns
- ✓ Not being able to communicate in your language
- ✓ Feeling isolated
- ✓ Not having enough money or food
- ✓ Not knowing how to find support or resources

What does stress look like?

Not everyone reacts to stress in the same way. You may see changes or signs in your body or in how you think, feel, or act:



BODY:

- » Fatigue
- » Poor sleep
- » Body aches, pains and stiffness
- » Rapid heartbeat or racing heart
- » Changes in appetite and body weight
- » Stomach and digestive problems
- » Teeth grinding or jaw clenching
- » Sweating
- » Poor hygiene









MIND & EMOTIONS:

- » Worrying a lot or worrying about many things
- » Having trouble making decisions
- » Losing interest in things you enjoy
- » Poor concentration
- » Feeling sad, anxious, or angry
- » Withdrawing from people and activities
- » Thinking about suicide
- » Increased drinking, smoking, or use of other drugs





What can you do to manage stress?

FOR YOURSELF:

-  Recognize how you feel. Are you feeling angry? Sad? Hopeless? Naming your emotions will help you recognize what you may need and will help you have more control over your feelings.
-  Talk it out! Share your thoughts, feelings, or problems with someone you trust. Sharing how you are feeling can start the conversation and bring some relief.
-  Reach out to a health care provider. Health professionals are there to help you in case you need it, and together you can come up with a plan to help deal with stress.
-  Do something you enjoy. If you have a favorite hobby, make some time in your week to do it.
-  Try to change how you think. Start to see challenges as opportunities. Reframing how you see a problem can help you feel in control and find a solution.
-  Focus on your successes, what you have accomplished, and where you are now. Try not to dwell on things you have not completed. It is ok to feel proud of yourself!

-  Set realistic goals. Start with identifying what you can do in the short- and long-run. Smaller and well-defined goals are easier to accomplish.
-  Sleep between 6 to 8 hours or until you feel completely rested. A good night's sleep helps your mind and body to recuperate.
-  Eat well. A healthy plate should be half fruits and vegetables. You should also try to eat less salt, sugars, and fats. Learn more at: www.myplate.gov
-  Keep yourself hydrated. In general, it is recommended to drink 5 cups of water a day, but if you are working outside, you may need one cup (8 ounces) of water every 15 minutes to prevent heat-related problems.
-  Workout! Even though your work may include walking and lifting, check how frequently your heart beats faster. A good workout consists of at least 150 minutes of exercise a week and muscle strengthening activities twice a week.
-  Take a deep breath. Inhale, count 1-2-3, and release slowly. Breathing can help your body relax.

FOR SOMEONE YOU KNOW:

-  Listen. Sometimes we need someone to listen instead of giving advice.
-  Do not judge. Not everyone handles stress in the same way, and reactions may be different. Reassure them that you are there to listen and help.
-  If you see any changes in how people normally act or their attitudes or emotions, it may be a sign of stress. Let them know that you noticed the change and that you are there in case they need help.
-  Encourage them to talk to someone they trust or a mental health professional. Sometimes people prefer to talk to someone they do not know.

Resources

NATIONAL SUICIDE & CRISIS LIFELINE:

Provides free and confidential support for people in distress and prevention and crisis resources for you or your loved ones, 24-hours a day, 7-days a week.

- Call 988
- Text "HELLO" to 988
- <https://988lifeline.org>

RURAL RESPONSE HOTLINE:

Offers access to legal and financial assistance, disaster relief, and emotional support including no-cost vouchers for confidential mental health services.

- Call 1-800-464-0258
- www.farmhotline.com

NATIONAL CENTER FOR FARMWORKER HEALTH:

Provides information, education, and referrals to health care and supportive services and may assist with financial resources and/or interpretation.

- Call 1-800-377-9968
- WhatsApp 1-737-414-5121

FIND RESOURCES IN YOUR STATE:

- Call 211
- www.farmstress.org



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This work is supported by the North Central Farm and Ranch Stress Assistance Center through funding from the USDA Farm and Ranch Stress Assistance Network under agreement #2020-70028-32728.