

## Reducing Risk Helps Manage Stress



Insurance products not only help protect your farm business from loss, they can provide peace of mind.

### Available Coverages

Farm Liability  
Health Insurance  
Long Term Care Insurance  
Social Security or Disability Insurance  
Home & Business Owner's Insurance  
Flood Insurance (if applicable)  
Crop Insurance (if applicable)

### How to Plan for the Future

Farm Succession/Transfer Planning  
Retirement Planning  
Strategic/Business Planning  
Will  
Estate Planning  
Health Care Proxy  
(someone to make health decisions for you when you can't)  
Advanced Care Directive  
(what you do/don't want when you need health care)

## Suicide Prevention & Awareness

Suicide affects people of all ages. Knowing how to listen is the first step in helping those who may be at risk. If you or someone you know is considering hurting themselves, talking openly about it saves lives.

### TALK ASK LISTEN

**ASK** if they are considering suicide  
**LISTEN** and be present for them  
**TALK** about help options

**Suicide Prevention Lifeline**  
**1 (800) 273-8255 or 911**

Even if you cannot directly help someone in crisis, be present until they are SAFE.



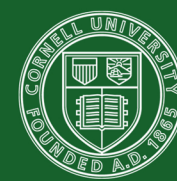
**(800) 547-FARM**

We provide farm families and individuals with a network of information, services, and support geared toward the challenges of farming in NY State. Our network provides support for every aspect of high-pressure decision making; from stress management to domestic concerns, partnerships and transfers to disaster response. For more information: [www.NYfarmnet.org](http://www.NYfarmnet.org)



## STRESS MANAGEMENT

*On the Farm*



Cornell University



## STRESS

### Is my stress normal?

Some stress in everyday life is normal and can help us meet daily goals and expectations, both personal and professional. Stress becomes a **negative force** when it is severe, prolonged, & begins to change your biochemistry to an acute stress response, or **"fight or flight"** response.

Everyday stresses move out of the normal range when emotional stress lingers for weeks, or even months, weakening your immune system and causing **serious health problems**. The epinephrine the human body produces during stressful times can be harmful to your heart & health, facilitating the onset of burnout, accidents, cardiovascular disease, diabetes, depression, and even suicide. Stress can be insidious in how it affects our health.

The **good news** is, no matter how long you have been stressed, there are ways to **reduce your stress** and help get you back to where *you* want to be.

To learn more about preventing stress, depression, & burnout  
Call **(800) 547-FARM**



## DEPRESSION

Depression varies from normal sadness in how it engulfs your everyday life. Feeling hopeless, helpless, isolated, or uninterested in activities you once loved are all signs of depression. Other symptoms that may indicate that you are suffering from depression are:

- Chronic fatigue
- Feelings of guilt
- Feeling like you're drowning
- Trouble making decisions
- Sleeping too much or too little
- Appetite and/or weight changes
- Digestive problems
- Aches and pains
- Dizziness
- Thoughts of death or suicide

Getting effective treatment is important for your health and well-being. If you or someone you know might be suffering from depression, call your doctor, local clinic, or NY FarmNet.



## BURNOUT

### Am I burned out?

While burnout can result from a number of stressful situations, prolonged stress in any setting can increase your likelihood of becoming burned out. Some common symptoms of burnout are:

**Emotional & Physical Exhaustion**  
Irritable & Impatient  
**Lacking in Energy & Motivation**  
Feeling Unsatisfied or Disillusioned  
**Unexplained Aches & Pains**  
Relying on Drugs or Alcohol to Cope

Prevention can be as simple as making small variations in daily work and life. To help prevent burnout, or for more information if you or someone you know may be suffering, please call your doctor, or call

**(800) 547-FARM**

Your call is 100% FREE & CONFIDENTIAL