

Farm State of Mind

CHECKLIST

Weathering the Storm

NOURISH

Give your body the nutrition, hydration and rest it needs.

MOVE

Incorporate exercise into your daily routine on the farm.

UNPLUG

Step outside your fencerows for time away from the farm or ranch.

PAUSE

Take time for meditation, prayer or breathing exercises.

CONNECT

Help a friend, invite someone over, or hold a farm meeting.

SHARE

Access no-cost resources, consult professionals and tell your story.