

FARMER AND RANCHER BURNOUT AND DEPRESSION

SIGNS OF BURNOUT AND DEPRESSION

1. Changes in routines such as dropping out of 4H or not attending church
2. Increase in farm or ranch accidents due to fatigue, or loss of concentration
3. Appearance of farmstead declines due to fatigue or little maintenance
4. Children show signs of stress like a change in grades or absenteeism
5. Decline in livestock care

DEPRESSION AFFECTS 1 IN 5 FARMERS:

PHYSICAL SIGNS OF STRESS

- Headaches
- Ulcers
- Eating Irregularities
- Sleep disturbances
- Frequent sickness
- Fatigue/exhaustion



THERE ARE MANY WAYS TO HELP.

Tell your healthcare provider if you feel these signs. They can connect you with resources to learn healthy coping mechanisms, engage in therapy, or start a trial of medication. All of these can improve your quality of life.



SOURCES

www.mededmaterials.org
<https://extension.colostate.edu/disaster-web-sites/farm-and-ranch-family-stress-and-depression-a-checklist-and-guide-for-making-referrals/>
<https://extension.unh.edu/blog/2020/05/taking-care-your-mental-health-tips-farmers>

Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

