

THOUGHTS FOR MOVING FORWARD

I would like to thank you for the opportunity which was extended me to spend a few minutes talking with you about stress last Thursday. It was such a pleasure to join you.

There are terms with which we are all familiar: production, harvest, nutrient-rich, cost-effective, etc. And with the things demanding your time and attention, making sure one of your most important “keys” to good farm management might go neglected (for surely you can do that later, or so we – you – might think). That key? You ask. It is self-care, making sure you are as healthy as possible. And now that you are back home, it would easy to fall back into your daily routines and not find the time to implement much of what you learned, thought about, and even planned to do once you returned. I would like to offer a few thoughts which I hope you will find helpful:

Health has four inter-related components: physical, emotional/mental, social, and spiritual. To be truly healthy, all four need to be maintained, as each impacts the other.

Stress can simply be defined: Demands exceed resources.

Demands can be external and internal; so are resources. Those who farm are certainly not exempt from stress and may feel as though the demands far exceed available resources. That perception alone might increase existing stress levels. However, there are resources available to assist – and some of those are easy to implement and are included in the PowerPoint presentation I used. There are times, too, when it can be helpful to talk with someone. In particular, this could be the case if you have

Confused thinking

Prolonged periods of depression (sadness or irritability)

Feelings of extreme highs or lows

Have excessive fears, worries, and anxieties

Experience social withdrawal

Strong feelings of anger

Delusions or hallucinations

Dramatic changes in eating or sleeping

Denial of obvious problems

Inability to cope with daily problems and activities

Suicidal thoughts

Numerous unexplained physical ailments

Substance abuse

Feel free to reach out if you are interested in discovering what resources might be near you; or, if I can be helpful (jjtaylor@wakehealth.edu).

While there are many things over which you have no control, there are two in which you do: Your actions and your responses. With that noted, it is suggested that you become intentional in assuring you are as healthy as possible. It is recommended that you make those in your family a priority, too. And, if you are a person of faith, nurturing your spirituality is of tremendous importance.

I close asking that you know you are appreciated. Intentionally work to assure your health is as good as possible, your relationships are strong, and that your season is as productive as possible.

Blessings ~

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