

Stress management



IT HAS BEEN a particularly difficult harvest for some Ontario farmers this fall. The severe DON outbreak is weighing heavy and stress levels are higher than during a typical harvest season. Grain Farmers of Ontario wants to help you manage your stress so it does not turn into a bigger problem.

HOW TO DEAL WITH STRESS

TECHNIQUES



- Take a deep breath
- Ask yourself, are you in control or is the stress



- Is stress stealing this experience
- Take another deep breath



- Focus on the next step in the task you are doing

TAKE BACK CONTROL



- Deep breathing
- One thing at a time
- Call a friend



- Exercise
- Shift focus to what is working



- List the of positive areas of your life

THESE TECHNIQUES WILL HELP YOU



- Be more productive at work

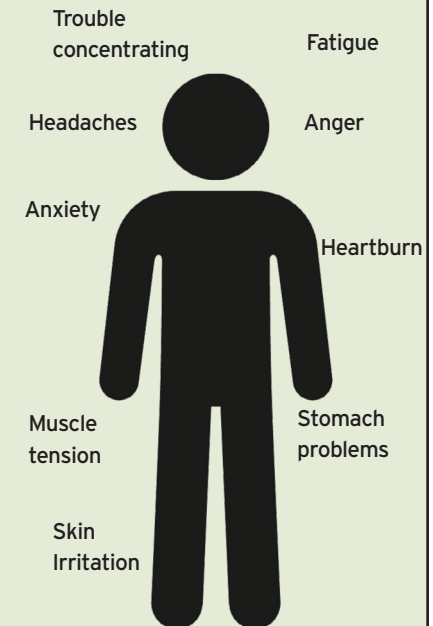


- Increase your well-being



- Be happier, healthier, and more productive

SIGNS OF STRESS



IF YOU ARE STILL STRUGGLING, ASK FOR HELP

- Friend or family member



- Doctor



- Help phone
Crisis line:
1-866 631-2600



The information provided in this article is not intended to be a substitute for professional medical advice. Always seek the advice of your physician or other qualified healthcare providers.