

AGRABILITY OF UTAH: A FRIEND IN NEED SERIES

Stress: Nature's motivator

Stress at a Glance

- Most often stress results from things that are not in our control (like the weather, other people, and financial constraints).
- Stressful situations can be made worse by shame and embarrassment because these feelings can cause us not to take action or seek help.
- Stress causes our brain to move into fight or flight mode. When functioning in fight or flight, the part of our brain which enables us to make decisions and plans



If you or someone you know is experiencing any of these symptoms please contact one of our professional staff.

All information is kept strictly confidential

We're here to support Utah's farmers and ranchers and their families

Common Predicators of Increasing Stress Levels

- Self-criticism about methods of farm management
- Feelings of having let down family history and forefathers
- Fears that farm product may not have a viable market
- Disappointment in the system of buyers, sellers and the agricultural players who seem to have abandoned them
- Significant change in economic status with problems that preclude or severely interfere with a plan for the next year's crop/livestock cycle
- Inability to obtain loans and operating capital
- Decrease in land values and property disputes
- Loss of off farm income options
- Legal complications without resources to resolve them
- Personal and family stresses that make working harder and smarter for the next year look impossible
- Illness, chronic pain, physical limitation or disability of farmer or family member
- Children and grandchildren leaving the farm
- Inability to get health care treatment without further damaging the family's financial situation
- Weather, predator or other natural disaster that destroys a large portion of a year's work
- Breakdown of essential farm equipment that makes next season's work seem difficult or impossible