

# Farming, Stress, and Mental Health

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*February 14, 2023*

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# WHAT DOES STRESS LOOK LIKE?

- Physical
- Mental
- Emotional
- Behavioral
- Social



# Mental health a growing concern for Utah farmers during drought

By Alex Cabrero, KSL-TV | Posted - July 9, 2021 at 7:21 a.m.



BUSINESS

## Farm Bankruptcies Surge

November 10, 2019 • 5:10 PM ET

Heard on All Things Considered

## Utah's farming communities take urgent action to combat highest suicide rate in the state

by Cristina Flores

Tuesday, February 25th 2020



LOCAL NEWS

## Avian flu is impacting turkey farms in Utah

by: Chin Tung Tan

Posted: Nov 2, 2022 / 03:52 PM MDT

Updated: Nov 3, 2022 / 02:34 PM MDT

## Is the agriculture industry doing enough to conserve water during Utah's drought?

By Carter Williams, KSL.com | Posted - July 27, 2022 at 9:04 p.m.



# SIGNS OF CHRONIC & PROLONGED STRESS



- Change in routine
- Physical appearance
- Mood
- Care of livestock/fields
- Physical illness
- Increase in farm accidents
- Change in appearance of farm
- Behavior issues in kids





## Two Question Self-Assessment Tool:

1. During the past two weeks, have you often been bothered by feeling down, depressed, or hopeless?
2. During the past two weeks, have you often been bothered by little interest or pleasure in doing things?

\*If you have a positive response to either of these questions, consider talking to your health care provider about further assessment.

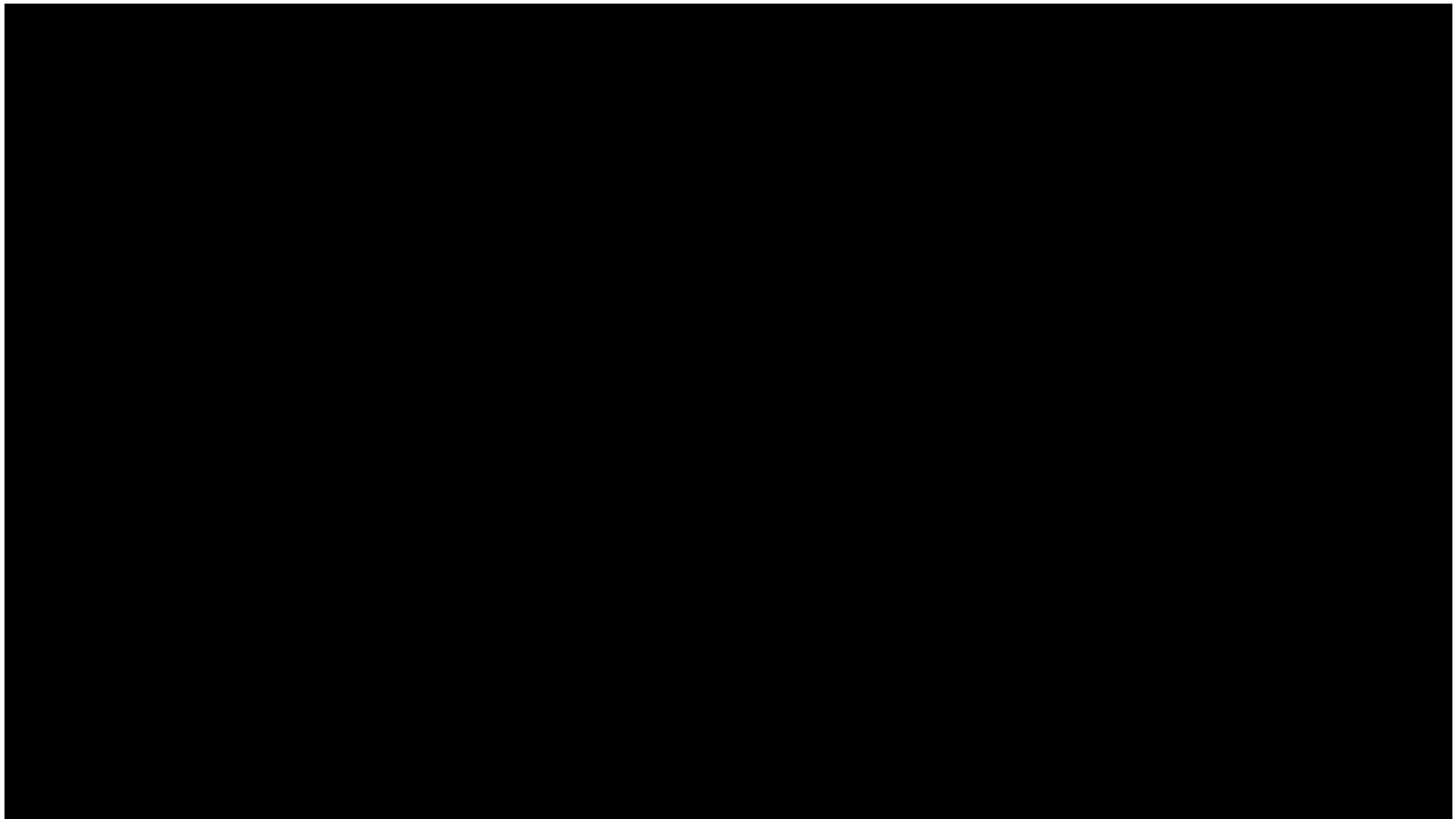
<https://screening.mhanational.org/screening-tools/>



# Rural America Is Having A Mental Health Crisis, This Farmer Is Fighting It

- <https://www.youtube.com/watch?v=NwKaae4ilqE>





# 1. YOU ARE NOT ALONE

Mental illness is common and these feelings are normal and treatable

You are **NOT**  
**ALONE**

Millions of people are affected by mental illness each year. Across the country, many people just like you work, perform, create, compete, laugh, love and inspire every day.



1 in 5 U.S. adults  
experience  
mental illness

**1 in 20**

1 in 20 U.S. adults  
experience serious  
mental illness

**17%**

of youth (6-17 years)  
experience a mental  
health disorder

Data from CDC, NIMH and other select sources. Find citations for this resource at [nami.org/mhstats](http://nami.org/mhstats)

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## 2. IT'S OK TO NOT BE OK

- Farming is Stressful
- Share your feelings with friends and family
- Ask for help
- Ask others if they need help
- Watch for signs and symptoms of poor mental health
- Save a life



# SIGNS OF POOR MENTAL HEALTH

- Persistent worry and fear
- Apprehension and uneasiness
- Avoidance of others
- Feeling sad
- Lack of interest or pleasure in activities
- Significant weight change or changes in appetite
- Problems sleeping
- Low energy
- Difficulty concentrating
- Frequent thoughts of death or suicide
- Substance misuse
- Unexplained changes in physical appearance or behavior



### 3. BE THAT FRIEND

- Take time to help others
- Be direct and ask people if they are having thoughts of hurting themselves or others
- Make a plan to get treatment if needed
- Use available resources and save a life
- Call 988- Mental Health Crisis Line
- Call 211 to find resources in your area



# Thank You

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