

# The Farmer Stress Management Toolbox

A series of articles & resources related to stress management on the farm

Stress can affect a farmer's ability to care for crops or livestock, increase work-related accidents, and affect the relationship with farmworkers, friends, and family members. It is essential to understand the concept of stress and to raise awareness of how to cope with stress.

These articles will help you understand the impacts of stress on your health, work environment, and daily life. It will provide you with strategies and tools that will help you define, understand, and manage stress.

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THE TOOLBOX**

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References & Citations available online

## DEFINING STRESS

1

This article will help you define the concept of stress and identify different forms of stress.



<https://extension.psu.edu/the-farmer-stress-management-toolbox-part-1>

## UNDERSTANDING STRESS

2

This article will provide you with useful information to identify the symptoms of stress.



<https://extension.psu.edu/the-farmer-stress-management-toolbox-part-2>

## MANAGING STRESS

3

This article will provide strategies and tools to help you manage stress.



<https://extension.psu.edu/the-farmer-stress-management-toolbox-part-3>

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