

# Tips and tricks

on how to take better care of your mental health.



With the help of

**DoMore.Ag**

we've compiled some simple ways you can take care of your mental health.

## Take A Break:

Take a moment to take a breath, a moment for yourself, and take your mind off what is stressing you out.

Breaks can be beneficial by increasing your productivity, restoring your motivation, preventing burnouts and fatigue.

## Breaks can take various formats, such as:

- A short drive around your area.
- Listen to your favourite song.
- Take a walk or do a quick exercise routine.
- Take 5 minutes to stretch and take deep breaths.
- Make sure to take a lunch break.

## Put Yourself First:



It can get very easy to forget about yourself when you're constantly busy on the farm.

From planting, to harvesting, checking on the chicks and making sure the barn technology is running smoothly, there is often no time left in the day to think of yourself.

## Here is how you can put yourself first every day:

- Treat yourself with kindness and compassion.
- Respect yourself and your needs by listening to what you need and setting boundaries.
- Do something for yourself, whether it's a hobby you enjoy or an activity that makes you feel fulfilled.
- Keep active and eat well. In fact, did you know dark meat poultry is high in iron? Iron is the main carrier of oxygen to all tissues in the body, and brings energy to your brain, muscles, and all moving parts.

## Find Your Support Network:

Socializing and helping others are also great ways to take care of your mental health.

Life on the farm can often feel isolating, so it's important to have real-life interactions.

Whether it's helping your neighbour or hanging out with other local farmers, all these connections can help improve your mental health.

In return, you create important bonds with people who care about you and will be there for you when you need help.

## Don't Be Afraid to Ask For Help:

There is a lot of stigma attached to mental health and asking for help is often seen as a sign of weakness. But it is the opposite – **seeking help is a brave thing to do**. Ultimately, asking for help will lead you to seeking the proper treatment for your mental health and start your path towards recovery.

## There are many ways you can reach out for help:

- Talk to a family member or friend about what you've been going through.
- Find a local counsellor or therapist by visiting

[www.psychologytoday.com](http://www.psychologytoday.com)

*You will be able to filter by location, price and type of therapy*

- Call your local or provincial crisis line to talk to someone.

Find more mental health resources at [DoMore.Ag](http://DoMore.Ag) or visit:

**CHICKENFARMERS.CA**

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