Farm and Rural Stress

Situations that are beyond one's control and last for a long period of time create the most stress. These are times of rapid change and uncertainty in many rural communities, creating both new opportunities and challenges. Some of the unique stressors experienced by rural people include rural de-population, closure of businesses, schools, health care facilities and other community services.

For producers and their families, stressors include unpredictable weather, insects, volatile markets, equipment breakdown, and BSE. Because farming is both a business and a way of life, stress levels can be dramatically high when that way of life is threatened.

While it is impossible to completely eliminate the stressors associated with farm and rural living, it is possible to control the impact it has on your life. Key strategies include: recognizing the signs and symptoms of stress, identifying sources of stress (stressors) in your life and how you respond, and taking action to better manage your stress levels.

Manitoba Farm&Rural Stress Line

1-866-FOR-FARM 1-866-367-3276