

Your Work as an Ag Professional: Helping Tame Farm Stress

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With dairy farm attrition rates reaching 6 to 7% for this year, farms are facing financial stress which leads to mental stress. Farmers are impacted by chronic stress, stress that they face continuously for a long period of time. As agri-business professionals, [help tame farm stress](#) with these tips from UW-Extension & UW Madison Department of Biological Systems Engineering Professor & Agriculture Safety Specialist [John Shutske](#).

- Understand
- Help others regain sense of control
- Encourage others
- Have patience
- Help others tap into social support systems
- Know that all healing takes time
- Involve people with appropriate expertise
- Help others see their stress response as a call to action
- Follow up
- Take care of yourself