Farm Stress Management Checklist

A farm stress management checklist for farmers and families to check habits, workload, sleep, and support so stress is noticed and handled early.

Farm / unit: _____ Date: _____ By: _____

ITEM	OK	FIX	N/A
Sleep and rest habits	☐	☐	☐
Meals and water	☐	☐	☐
Workload and schedule	☐	☐	☐
Time away from the farm	☐	☐	☐
Talking with family and friends	☐	☐	☐
Physical activity	☐	☐	☐
Financial worries noted	☐	☐	☐
Support contacts listed	☐	☐	☐
Warning signs reviewed	☐	☐	☐
Plan to seek help	☐	☐	☐

NOTES / REPAIRS NEEDED

TIP Talk to a health professional if stress feels too heavy, and call or text 988 if you are in crisis.