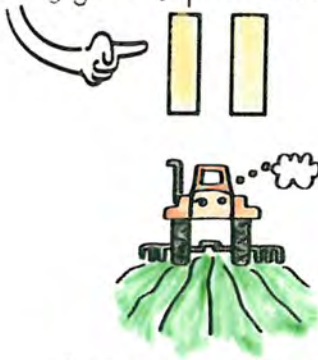


Giving yourself permission to pause



"Solo work" on the farm to give your mind a rest



Supports for Farmer Mental Health

Spending time with family and friends



and also having your own space



Taking walks in the field



or your neighbour's field

on-farm "stay-cations" or "home days"



and off-farm vacations (often within driving distance)

Accepting help from others

Help at home or with kids



on-farm help

Connecting with ag service "gatekeepers" to supports



Farm financial advisors and succession planners