

1 to 2 p.m. — Thursday, April 1, 2010

Coping with stress

The owners and workers of agricultural businesses experience a unique and high level of uncertainty in terms of weather, finances, business structure, legalities and social changes. These careers also include physical demands, irregular work schedules and seasonal labor pressures. Stress often occurs at low but measurable chronic levels within the business. Stress can peak during crisis situations that have impact on individuals, families and business operations. The signs of stress, including the physical, emotional and behavioral symptoms will be presented. Additionally, healthy coping mechanisms for addressing stress will be discussed. Attendees will be able to identify signs of stress; describe the impact on mental health of farm families; find information on available mental health resources for agricultural businesses; and list strategies to reduce stress.

Presented by Dee Jepsen, state agricultural safety leader, The Ohio State University; Bruce Clevenger, extension educator, Ohio State University Extension; and Chris Bruynis, extension educator, Ohio State University Extension

Notes:

Action items: