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# Helping Farm Couples Survive & Thrive in Difficult Times

PRESENTED BY

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(Rural Mental Health Specialist)

## THE FAMILY FARM

“More than a business, the family farm is a lifestyle, it is an ideal worth preserving”





## Unique Stressors for Farm Couples

- Uncertainties/ Uncontrollables
- Time
- Communication
- Finances
- Multi-Generational Businesses
- The unrecognized 3rd partner in the marriage

# Intentional Investment

- ✓ What are ways you invest in your farm?
- ✓ How do you know what needs to be done to improve the farm?
- ✓ What happens if the farming operation has one or two bad years? How do you keep going?

## Intentional Investment

- Communication
- **“Five Love Languages”**  
by Gary Chapman
- Deposits vs. Withdrawals
- Problem Solving



# Resources

- Minnesota Department of Agriculture
  - <https://www.mda.state.mn.us/about/mnfarmerstress>
- Positive Self-Talk (Thinkup)
  - <https://thinkup.me/>
- Stress-relief and Self-Care Apps: (Calm, Headspace, Happify)
  - <https://www.calm.com/>
  - <https://www.headspace.com/headspace-meditation-app>
  - <https://www.happify.com/>
- Upper Midwest Agriculture Safety and Health Cultivating Resiliency Webinar Series
  - <http://umash.umn.edu/cultivating-resiliency-webinars/>
- Verywell Mind Website
  - <https://www.verywellmind.com/what-coping-strategies-are-effective-3144562>



Text **MN** to  
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Free support at your fingertips, 24/7

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# Contact Information

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