

# Workshop: **Communicating With Farmers Under Stress**

This workshop is specifically for agricultural professionals, such as bank lenders or ag suppliers, who work with farmers and ranchers. To schedule a **FREE 2-hour workshop** in your area, **contact:**

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## **PURPOSE**

Numerous factors may cause stress for farmers. Many farmers face financial problems, marketing uncertainties, farm transfer issues, production challenges, and more.

You may know farmers and ranchers who struggle with stress, anxiety, depression, burnout, indecision or suicidal thoughts. Maybe you find yourself having to deliver difficult news to them. This workshop will help you recognize and respond when you suspect a farmer, rancher, or rural family member might need help.

## **OBJECTIVES**

- \* Build awareness around potentially stressful conditions affecting some farmers and ranchers.
- \* Learn stress triggers, identify signs of stress, and review helpful techniques for responding.
- \* Learn techniques for identifying, approaching and working with farmers who may not cope with stress effectively.
- \* Learn where to go for additional help.

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