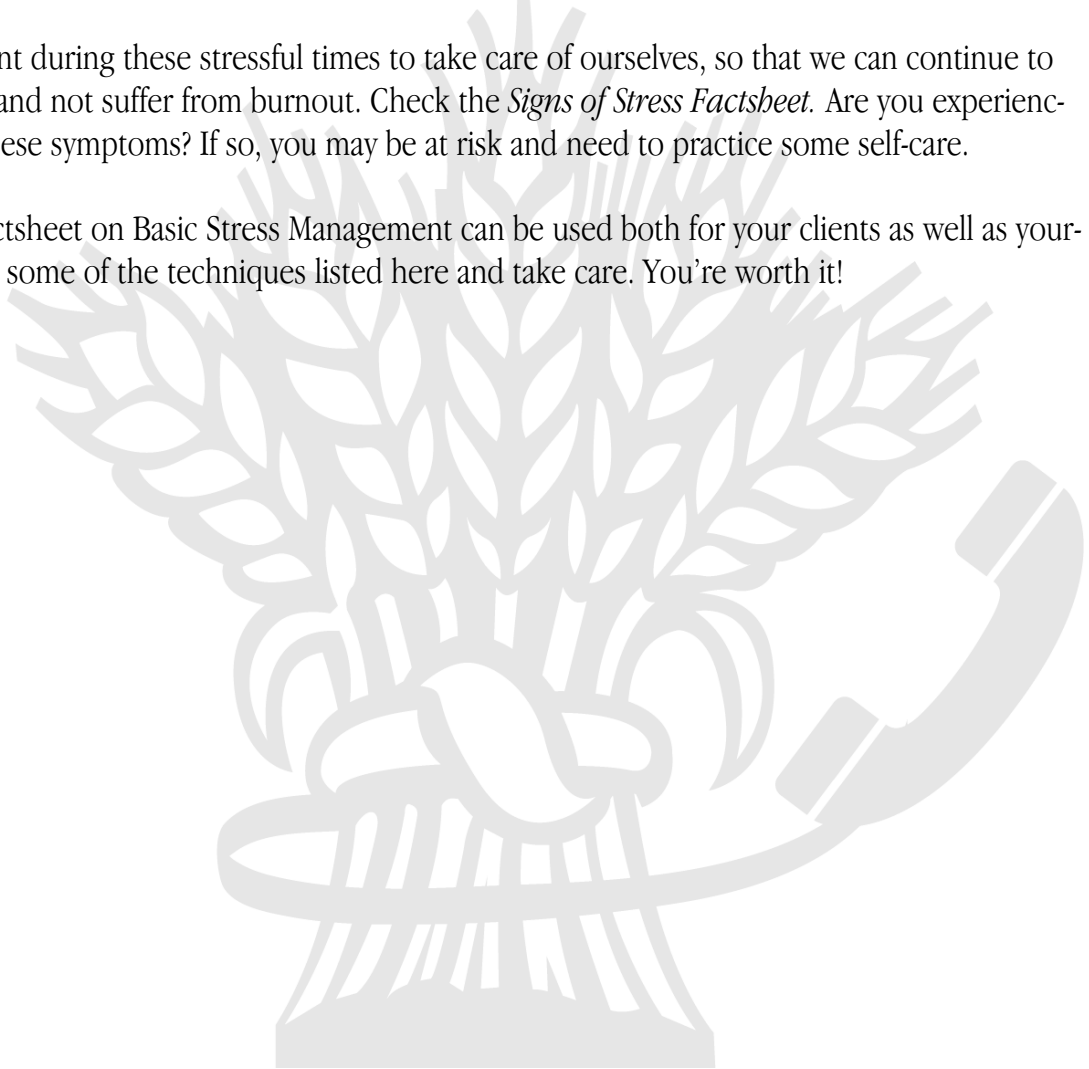


Care For The Caregiver

Listening to farmer's stories of stress, anxiety, and frustration can be difficult. Even experienced counsellors can be affected by their clients' emotional pain. Many of us who work with farmers are also farming ourselves, which makes it challenging to hear the pain and still stay positive.

It is important during these stressful times to take care of ourselves, so that we can continue to help others and not suffer from burnout. Check the *Signs of Stress Factsheet*. Are you experiencing any of these symptoms? If so, you may be at risk and need to practice some self-care.

The next Factsheet on Basic Stress Management can be used both for your clients as well as yourself. Practice some of the techniques listed here and take care. You're worth it!



Manitoba
Farm & Rural
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