

Coping with

The Pressures of Farming



Preface



Staying well mentally is just as important as staying well physically. Dealing with stress and strain, the ups and downs of life are part and parcel of daily living. Sometimes such situations lead to greater stress and pressure resulting in feelings of being unable to cope. On such occasions being able to reach out to some one to talk to and get advice from, can make all the difference to sorting out the troubled situation or problem. Our publication 'Coping with the Pressures of Farming' has been researched and collated to address the many and varied issues that contribute to stress when not properly handled.

Objectives of this publication

- To promote positive mental health among isolated people living in rural areas including farmers and farm families.
- To encourage help seeking behaviours in terms of emotional well-being among isolated rural dwellers by increasing awareness of rural support services.
- To reduce financial stress by encouraging more efficient ways of managing resources.
- To improve community understanding of what mental health truly is and challenge the fears and stigma often associated with mental illness which can be barriers to seeking necessary professional help.
- To promote and encourage the development of social farming for the benefit of vulnerable citizens persons and their families.

Part 1 addresses the day-to-day management of farming and the essential requirements to manage farming effectively and efficiently.

Part 2 addresses mental health and wellbeing with an emphasis on the more common mental health issues that can impact on day-to-day living.

A key theme throughout the book is how and where you can access "*Further Information*" either through direct contact with organisations, useful websites, help line numbers, and other publications. If you are worried or concerned about yourself, a family member or friend call one of these support services or make contact with your family doctor. Even if you feel that you don't need a number right now, save a selection of them to have handy on your phone or screen shot the relevant page. However a word of repeated caution is that the advice contained within is not a substitute for professional and or medical help.

We hope you derive a lot of benefit from this publication.

Finally remember!

"Things which matter most must never be at the mercy of things which matter least."

Johann Wolfgang von Goethe

Finola Colgan

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Foreword Teagasc



Teagasc and Mental Health Ireland (MHI) have put this publication together with the help of researchers and rural counsellors. The information provided is based on the impact of common pressures which Irish farm families face in running their farm business. There are things which we can do as a farm business and within the family to help deal with the pressures associated with farming. This manual may not provide a solution for all situations and you may already be taking some action in order to deal with your current pressures. However this manual will act as a guide for you to map out how your farm business will deal with the pressures.

If you or someone you know frequently feels exhausted or overburdened, you can help protect yourself and others from the stresses which farm life can throw at you by learning how to recognise the symptoms of stress and taking steps to reduce and manage it.

From Teagasc research and the experiences of Teagasc advisers who come into contact with thousands of farmers on a regular basis, we are aware that farming is a potentially stressful occupation. Financial stresses, poor work-life balance, farm labour challenges, isolation, and habitual stressors such as animal mortality are part of many farm families' lives.

It is very important that we have conversations about these stressors and how they can be addressed.

Professor Gerry Boyle

Director of Teagasc

Foreword MHI



Members of the farming community know that they can depend on Teagasc to provide them with up to date information and advice on farming matters. At Mental Health Ireland we are really pleased to partner with Teagasc in providing information around wellbeing and useful coping strategies that can work at times of crises.

This publication brings together practical information on a broad range of farming matters and presents them in a direct and accessible manner. A similar approach has been adopted to highlighting mental health matters. For many years, Irish people were reluctant to talk about mental health issues and were somewhat reluctant to ask for information or support. This contributed to a sense of separation, and distance which often compounded their difficulty and problems. Thankfully things are changing and we now have a much more positive outlook when it comes to talking about and dealing with mental health concerns and issues.

Irish farming is going through a period of great change and transformation and this can bring uncertainty and additional stress for people in rural areas. Isolation and loneliness can exacerbate mental health concerns and make some problems seem insurmountable. By reaching out and maintaining contact with friends, neighbours and advisors we can reduce that sense of isolation and share the burden. Having access to good quality and trustworthy information can make all the difference when making decisions and considering options.

Great care has been taken to ensure all of the information in this booklet is correct and presented in a form that is practical and useful at the time of publication. The aim is to provide the reader with introductory information and to guide them toward more detailed sources if they wish to learn more. This type of signposting has been shown to be helpful in reducing anxiety while offering hope and assistance. However a word of caution that the information provided in this publication is not meant to replace the advice of a medical professional or be a substitute for clinical diagnosis. If you have concerns about your wellbeing or that of another person you are best advised to contact your family doctor or phone Samaritans 116 123.

At Mental Health Ireland our volunteers work in communities right across Ireland, promoting positive mental health and supporting people with mental health difficulties. Our Area Development Officers provide training and information in partnership with community leaders and I'm really pleased that Finola Colgan, one of the most experienced members of our team has been the co-author of this work.

I hope you find this booklet helpful and remember it's important to reach out to others in order to make that connection to protect and promote positive mental health. It is time to be hopeful about our mental health and working together represents the best approach for the future.

A handwritten signature in black ink, appearing to read "Martin Rogan".

Martin Rogan
Chief Executive Officer
Mental Health Ireland

Editors

FINOLA COLGAN

Finola Colgan is Area Development Officer Mental Health Ireland managing their Regional Office in the HSE CHO 8 area that extends to Counties Laois, Offaly, Westmeath, Longford, Meath and Louth. She has a strong background in community development work and adult education and is a member of the Teagasc “Get Farm Financially Fit” National Committee and contributed to the Teagasc national series of seminars “Expand Your Horizons” 2017. A key role of the Area Development Officer post is the promotion and delivery across all community groups of Mental Health Ireland’s unique programme Mind Your Mental Health. Finola has contributed articles on mental health topics including stress in publications such as Teagasc Today’s Farm, the Irish Farming Independent and the Irish Farmers Journal amongst other publications. She participated in the RTE Ear to the Ground special programme on Stress and Farming. She comes from the farming community and consequently has a good insight into the day to day issues that can impact on farming and families.

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Barry has worked with national and international colleagues and supports the work of front line advisors and colleagues within The Teagasc Farm Management and Rural Development Department. Barry has organised and ran a number of successful events in both Bioenergy and Rural Development and presented local radio programmes. He has led stakeholder groups, for example the Get Farm Financially Fit Group from which this publication emerged. He has produced numerous publications and developed training courses that meet the needs of Energy and Rural Development, for example the Best Practice Guidelines for Energy Crops and the Rural Tourism Book.

Prior to joining the specialist service Barry worked for eight years in the advisory service with Teagasc and prior to that worked with Glanbia in Germany in the meat industry. He has a honours degree in Agricultural Science from UCD and a Masters in Environmental Protection from Sligo IT.

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When you can't control what's
happening, challenge yourself to
control the way you respond
to what's happening.
That's where your power is!



Financial Planning



Understanding your farm's financial performance

The financial performance of a farm will indicate how well the farm is operating. Cash flow is the most important financial measure you should use when completing financial analysis. Cash flow is a measure of the cash that is available after the day to day operation of the farm. This is the source of cash that is used as household income on many farms.

Importance of awareness of financial position

It's only when you regularly review financial reports that you are in a true position to plan the future of your farm business. Financial analysis must be based on solid information. If a farm business is failing, the long term consequences for the farm family will be more severe if no action is taken. The loss can be minimised if the overall financial position is identified as early as possible.

Information needed

All farms should have:

- Annual cash flow analysis which includes budgets and a budgetary plan for the future.
- A breakdown of all assets and liabilities of the farm business and farm household.
- It can be a very useful exercise to look at the previous year's performance and then make comparisons.

Help with improving financial management

- Your Teagasc or MABS advisor can help you to analyse your business and have useful tools available to help you keep records.
- Financial consultants are available to give guidance on managing finances.
- The farm accountant can provide an indication of financial performance. They can also make recommendations or refer you for more specialist advice.

Training and up skilling on financial recording

There are a range of courses being offered in local areas to help develop skills in farm or general business financial management. Training providers in rural areas include the following:

- Educational Training Boards (ETB's) <http://www.etbi.ie/etbs/find-a-training-centre/>
- Local Enterprise Offices (LEO's) www.localenterprise.ie/Find-Your-Local-Enterprise-Office/
- Teagasc educational courses www.teagasc.ie/education/courses/
- Local Development Company <http://ildn.ie/about-local-development-companies/>
- Regional Skills Forum www.regionalskills.ie/
- Skillnets www.skillnets.ie/
- Money Advice & Budgeting Service (MABS) www.mabs.ie

These agencies put on a number of courses, such as:

- Start my own business
- Cash flow budgeting
- Book keeping



Business Planning



Planning your Farm Business

Every farm family should set business and personal goals. You have to strategically look at your business and allocate your available resources (labour, time, money and equipment) in order to set goals that are achievable.

Importance of Business Planning

Running a farm business in the absence of a sound business plan puts more stress on the farm manager and the family in general. Many expanding farm businesses run out of cash, so it is important to complete a plan to prevent this common problem.

Elements of a good farm business plan

- All family partners should be aware of the plan and buy into it.
- The goals should be clear.
- Family members or partners should be assigned for various tasks or activities.
- The roles of family members should be regularly reviewed to match the business goals and skills requirements.
- Plans should be regularly reviewed.
- Annual leave plans including holiday requirements of family members.
- The personal time allocation within short term business plan.
- Inputs for planned farming activities should always be costed, planned and timed.

Developing your farm business plan

- The farm adviser can provide specialist advice in helping to develop a business plan. The Teagasc workbook “My Farm, My Plan, Planning for my Future” should be used as a

first step in developing a farm business plan.

- Training can be obtained from the same organisations which provide financial planning training as on page 4. Key areas of training would include:
 - Business Planning
 - Time Management
 - Benchmarking
- The Teagasc, “My Farm, My Plan, Planning for my Future” allows farm business planners to:
 - Think about where I’m going
 - Think about what I have to do
 - Estimate extra costs, extra revenues and risks

The My Farm My Plan template can be accessed at: www.teagasc.ie/media/website/rural-economy/farm-management/MyFarm-MyPlan.pdf



Managing the Farm Workers



Workforce management

As herd size increases, the labour resources on farm become stretched. Initially, this is dealt with by adopting labour efficient techniques and systems. These include compact calving, efficient calf feeding systems and good milking routine, to mention but a few.

Another approach with increasing numbers is to increase the use of relief workers or contractors e.g. milkers, slurry, fertiliser and heifer rearing. But as numbers increase further, additional full time or part time labour may be considered. This can be difficult for you to see as you attempt to complete all of the work yourself. Joint farming ventures, such as farm partnerships and share farming are also ways to gain help and share responsibilities.

Importance of workforce management

The ability to manage staff is a key skill requirement in order to ensure a profitable business operation. A good workforce management approach will help the business run smoothly with minimum stress. If workers enjoy their work environment they are less likely to want to leave and this gives a much better return on the investment or payback with their skills development.

Requirements in managing a workforce

- All employment issues such as hiring, keeping workers, employment conditions and costs.
- Defining work tasks before and during employment.
- Team works skills and ability to lead.
- Negotiation and communication.

Help available in managing a workforce

Farmers who start employing people need in most cases to acquire new skills. The main sources of information include:

- Citizens Information
www.citizensinformation.ie/en/employment/
- Department of Social Protection
www.welfare.ie
- Health and Safety Authority
www.hsa.ie
- Pension Authority
www.pensionauthority.ie
- Revenue
www.revenue.ie
- Workplace Relations
www.workplacerelations.ie
- Teagasc www.teagasc.ie/media/website/publications/2017/The-Decision-to-Hire.pdf
- Joint Farming Ventures
www.teagasc.ie/rural-economy/farm-management/collaborative-farming/

Training Opportunities

There is a broad range of skills based training available in workforce management. The key training areas of relevance would include:

- Negotiation and Communication
- Leadership
- Management
- Workforce / Human Resource Management

Government Legislation



There are legal requirements on farm businesses which have to be met in a broad range of areas. Much of the legislation in Ireland emanates from EU laws or directives which are transposed into Irish law.

Teagasc research has found that farmers can have fears about proper implementation of legislation and the implications of non-compliance. Keeping informed about legislation by using the resources that are available to you will improve your resilience.

Importance of understanding the farm legal requirements

The consequences of not complying with farm legislation requirements can be very costly in terms of fines and penalties. It is important that farm families understand the relevant Government requirements. There may be a number of Government departments or state agencies with whom farmers must comply. These include:

- Department of Agriculture Food and the Marine (DAFM).
- Department of Communications Climate Action and Environment (DCCAE).
- Environmental Protection Agency (EPA).
- Local Authorities.
- Revenue.

What is included in Government Legislation?

There are many legislative requirements which farms must meet. This list is not comprehensive:

- Health and Welfare at Work Act 2005 (Health & Safety Statement).
- Road Safety Authority regulations for agricultural vehicles.

- Sustainable Use Directive requirements on spraying.
- Targeted Agricultural Modernisation Scheme (TAMS).
- Cross Compliance.
- Basic Payments Scheme.
- Noxious weeds.
- Pest Control.

Where can I find out more about Government requirements?

- Teagasc – Cross Compliance Workbook www.teagasc.ie/media/website/publications/2013/Teagasc-Cross-Compliance-Workbook.pdf
- Department of Agriculture Food and the Marine – TAMS requirements www.agriculture.gov.ie/farmerschemespayments/tams/
- Sustainable Use Directive www.pcs.agriculture.gov.ie/media/pesticides/content/sud/FAQ%20-%20SUD%20Guidance%20for%20PUs%20-%20Nov%202015.pdf
- Noxious weeds www.agriculture.gov.ie/farmingsectors/crops/controlofnoxiousweeds/
- Road Safety (Agricultural Vehicles) www.rsa.ie/en/RSA/Your-Vehicle/Vehicle-Standards/Agricultural-Vehicles/
- Basic Payment Scheme www.agriculture.gov.ie/farmerschemespayments/

I've learned that
people will forget what you said,
people will forget what you did,
but people will never forget
how you made them feel.

Maya Angelou



Animal Health & Dealing with Loss of Animals



Research has found that there is a relationship between the health of animals and the health of the farmer. Good animal welfare and good herd health means less stress on the farmer. Equally, when a farmer is stressed, research has found that animal health suffers.

There are practical steps and supports farmers can avail of to maintain good herd health and animal welfare. Your vet, Teagasc advisor and agencies such as Animal Health Ireland offer advice and programmes to support you. However, people who surround themselves with animals will inevitably have to say goodbye on a continuous basis. This is normally due to animal sales. However the loss of animals due to sickness, disease or mortality at birth can make farmers feel stranded or isolated. Farmers can tend to blame themselves for making poor management decisions. Threats that farmer must deal with include tuberculosis (TB) outbreak, Johne's disease, Bovine Viral Diarrhoea (BVD), calf scour of many forms, worm infection, calf mortality at birth, flooding, dogs worrying sheep and viral diseases etc. There are many disease risks and on farm challenges which could completely challenge the bravest and toughest of us.

When you lose Animal(s)

The death of an animal on a farm can be very significant for many farmers. This is closely linked to the financial loss and the hollow feeling of not performing as well as your discussion group colleagues, neighbours or peers. Anger, frustration and sometimes guilt are the types of feelings that come with losing animals. Teagasc research has found that dealing with animal disease and deaths is a major challenge in farming that should be discussed more openly, in discussion groups, for instance.

It's important to talk about your loss with peers who will empathise with you. All farmers at some stage have experienced disease and death of animals. You should remain busy and focused on the farm. If, however, months after your loss that you still feel isolated, unfocused on the farm

or if you feel that you are not able to cope, or if you feel that you lack the passion to farm the way you did in the past then you should please seek help. Talk to your veterinary practitioner and ask for help on combating disease issues or mortality problems.

Where can I get information on maintaining good herd health and animal welfare?

- Your local vet and agricultural advisor
- Teagasc www.teagasc.ie/media/website/publications/2017/Section8-Welfare-and-safety-on-farm.pdf
- Animal Health Ireland <http://animalhealthireland.ie/>



Succession & Inheritance Information

Teagasc offers specialist advice on succession and a related service to support collaborative farming. Comprehensive information on these services is available at www.teagasc.ie/rural-economy/farm-management/succession--inheritance/.

A workbook, designed to guide families through succession and farm transfer is available from Teagasc.

The Department of Agriculture Food and the Marine have established an Inheritance Enquiry Unit to help the representatives of the deceased to administer the estate in relation to any scheme or programme that the deceased was involved in. The IEU will liaise with the various sections of the DAFM to make administration of the deceased estate as streamlined as possible. Following the death of a farmer there are generally three issues to be dealt with as follows:

1. A change to the registration details of the herd number/herd keeper.
2. Payment of any outstanding monies due to the estate of the deceased.
3. The transfer of any Basic Payment entitlements held by the deceased.

Functions of the Inheritance Enquiry Unit

The IEU will change the registration of the herd number when the regional veterinary office is notified of the death of the farmer. The IEU will:

- Record the death of the farmer on the Department's systems.
- Commence the process of herd transfer details and subsequently change the registration details of the herd owner.
- Where appropriate, arranges for the registration of a "herd keeper" with responsibility for the management and care of livestock in the herd.

How do I contact the Inheritance Enquiry Unit?

Inheritance Enquiry Unit, Department of Agriculture, Food and the Marine, Eircom Building, Knockmay Road, Portlaoise, Co Laois.
Tel: 1890 252 238 | Fax: 05786 80457 | Email: inheritance@agriculture.gov.ie

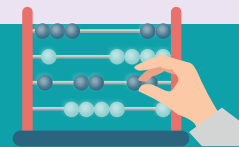
Teagasc offer a service called Tragic Events Service for Farm Families.

**Be kind whenever possible.
It is always possible.**

Dalai Lama



Self-Assessment and Self-Employment - Taxation



Tax time on the farm can be a little stressful in gathering all your forms and receipts in preparation for a visit to your accountant or doing it yourself. Self-assessment is for the self-employed, including farmers, where you make your own tax assessment. You make your own assessment of the Income Tax (IT), Universal Social Charge (USC), Pay Related Social Insurance (PRSI) and Capital Gains Tax (CGT) you should pay for the tax year in question. You must self-assess when filing your annual tax return. Under self-assessment you must file your tax return on or before 31 October in the year after the year to which the return relates. You must file Form 11 online through the Revenue Online Service (ROS). An exception to ROS is made if a paper return is filed on or before 31 August in the year following the year to which the return relates.

For many self-employed the idea of trawling through a mountain of incomings and outgoings in the form of receipts, cheque books and bank accounts is often put on the long finger. Procrastination is often the method used to deal with this in the shorter term. However sooner or later this chore will have to be faced either by oneself or provided to an accountant or tax advisor so as to avoid penalties

Assistance is always at hand, either on line or face to face. Therefore nobody needs to face this stressful task alone. By filing your return on time and getting it off your desk you will also clear your mind.

The Revenue website itself provides detailed information about tax and tax compliance matters for the self-employed. This includes how to calculate and pay your tax and file your tax returns. The "Guide to self-assessment" is a good place to start

Filing your tax return

There are a number of steps involved in filing your tax return. These are detailed on the Revenue website to assist in filing tax return and in making a self-assessment. These steps include how to register on ROS and if already registered,

how to check that your ROS certificate is renewed and you can login to ROS.

Who does not need to register for Self assessment?

You do not need to register for self-assessment if:

- You only have PAYE income.
- Your taxable non-PAYE income does not exceed €5,000 (please see revenue.ie for additional details). It may also be taxed at source, providing the gross non-PAYE income does not exceed €30,000. In this case you must submit a Form 12 online through PAYE Services in myAccount.

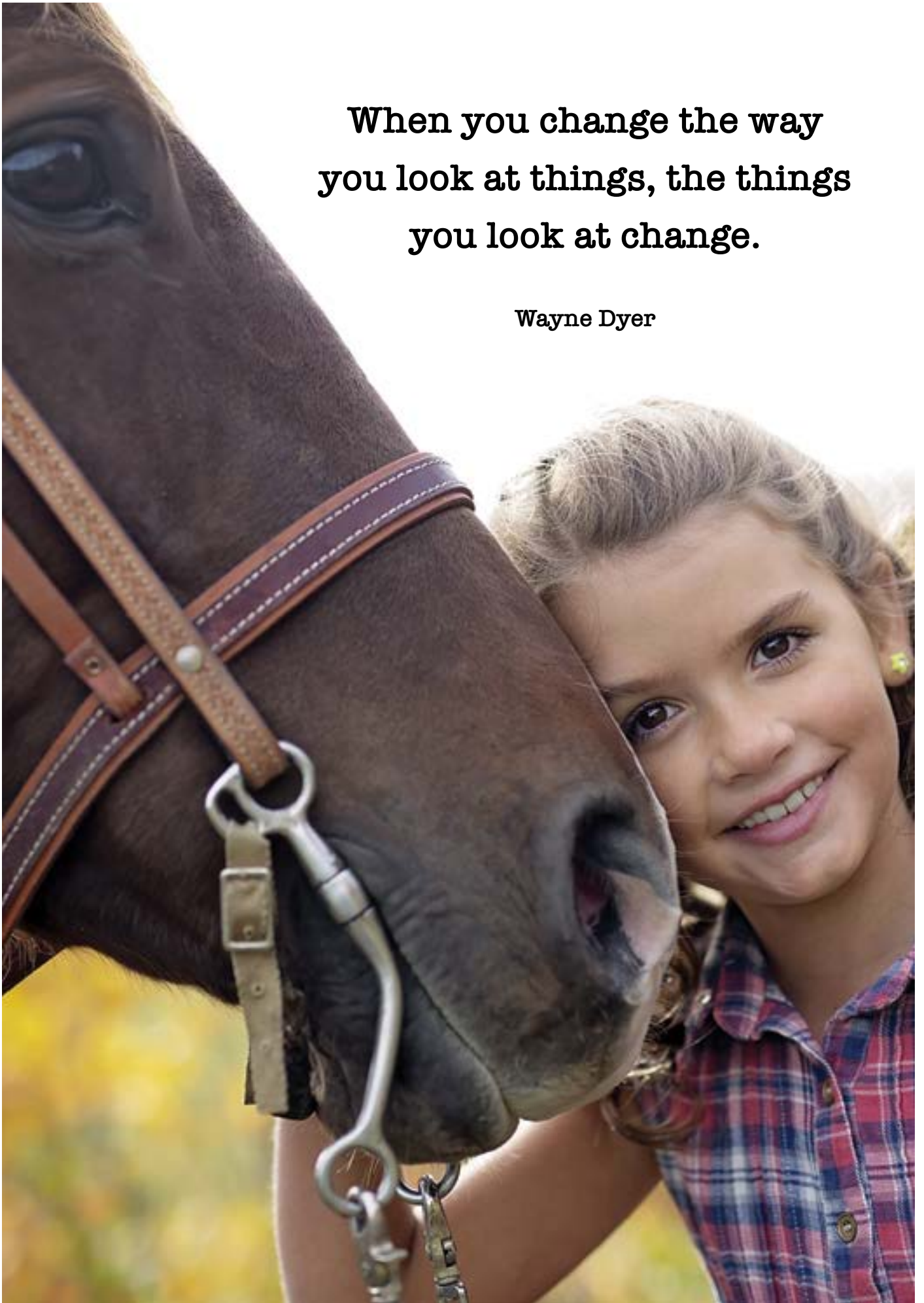
The Pay and file deadline for Self-employed's Income tax (for the year 2016) is 31st October 2017. However If you file your tax return and pay tax online (through ROS – Revenue Online System), the deadline is extended till 10th November 2017.

Where can I find out more on self-assessment and filing my tax return?

- Contact your local accountant/tax adviser for further assistance
- Revenue
www.revenue.ie/en/self-assessment-and-self-employment/index.aspx
(Video also available in assisting with completion of Form 11)
- Citizens Information
www.citizensinformation.ie/en/money_and_tax/tax/
- Teagasc Farm Management
www.teagasc.ie/rural-economy/farm-management/farm-taxation/
- Irish Farmers Association
www.ifa.ie/farm-finance/taxation/
- Department of Agriculture Food and the Marine – Income Tax Measures
www.agriculture.gov.ie/agri-foodindustry/agri-foodandtheeconomy/agri-foodbusiness/agri-taxation/indicativelistofagri-taxmeasures/incometaxmeasures/

**When you change the way
you look at things, the things
you look at change.**

Wayne Dyer



Understanding Mental Illness

Unfortunately, the terms mental illness and mental health are often used interchangeably thereby causing confusion as to our everyday understanding that mental health and mental illness are different. They are different in the same way as good and poor physical health. One of the fundamental differences between the two is that everyone has some level of mental health all of the time, just like physical health, whereas it is possible to be without mental illness. It is a recognised, medically diagnosable illness that affects the way people think, feel, behave, or interact with others.

Sadly, a couple of stumbling barriers to seeking help with the warning signs of mental illness is a fear factor of dealing with the unknown. along with the stigma often unfairly associated with mental illness. The consequences can be avoidance thereby compounding the situation and slowing the recovery process.

Mental Illness

Signs and symptoms of mental illness can vary, and often it can be a combination of changes that are indicative that help or support needs to be considered. ***(Please note that the following signs are not a substitute for a clinical diagnosis).***

- Feeling sad or down.
- Confused thinking or reduced ability to concentrate.
- Excessive fears or worries, or extreme feelings of guilt.
- Extreme mood changes of highs and lows.
- Withdrawal from friends and activities.
- Significant tiredness, low energy or problems sleeping.
- Detachment from reality (delusions), paranoia or hallucinations.
- Inability to cope with daily problems or stress.
- Alcohol or drug abuse.
- Major changes in eating habits.
- Excessive anger, hostility or violence.
- Suicidal thoughts and self harming.

Recovery and Mental Illness

Recovery from mental illness, like physical illness is possible, when the correct professional support is sought in order to have a meaningful life after a period of mental distress or disorder. The journey through recovery is personal, can be challenging but sustainable by the five core values of recovery i.e support, hope, resilience, self-care and personal responsibility.

Where can I find out more about mental illness?

- www.mentalhealthireland.ie
- www.yourmentalhealth.ie
- HSE Mental Health Services
www.hse.ie/eng/services/list/4/Mental_Health_Services
- Shine – supporting people affected by mental ill health
Tel: 01 860 1620
Support email phil@shineonline.ie
www.shine.ie

Mental Health and Wellbeing



Understanding Mental Health

We all have mental health, like we all have physical health. Both change throughout our lives. Our mind, like our body, from time to time can become unwell.

Mental health has to do with different aspects of our lives including

- How we feel about ourselves.
- How we feel about others.
- How we are able to meet the demands of life.

The World Health Organisation states “Mental health is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

Good mental health is essentially about how you look after yourself physically and mentally. Mental health is a spectrum, or a continuum, that applies to everyone. It is all to do with daily living. There are days when you can feel at either end of the spectrum. The ideal is to try to keep your self somewhere in the middle.

WELL-BEING: At the “healthy” end of the continuum individuals are experiencing well-being, a state of good mental and emotional health. At this point people may also experience stress but are managing it well as an aspect of every day life.

However where problems become more serious or prolonged, coping may become progressively more difficult and can lead to poor mental health necessitating some form of appropriate support.

EMOTIONAL PROBLEMS OR CONCERNS: discomfort has risen to the level of distress leading to the beginning of difficulty in coping resulting in possible insomnia, lack of

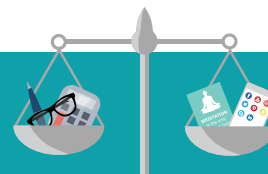
concentration or loss of appetite. If the distress levels increase, it is advisable for a person to seek appropriate professional help as the person at this point of the continuum maybe vulnerable to depression or general anxiety.

Where can I find out more about mental health and wellbeing?

- Mental Health Ireland www.mentalhealthireland.ie 01 284 1166
- Your Mental Health www.yourmentalhealth.ie #LittleThings
- ReachOut Youth Mental Health www.reachout.com
- SpunOut www.spunout.ie
- www.psychologicalsociety.ie/page/art/236/0
- A Lust for Life – Irish wellbeing site created to transform how we talk about and treat mental health www.alustforlife.com
- IFA- Farm Family Resources www.ifa.ie/cross-sectors/farm-family/mental-health/



Stress



There are noted risk factors both physical and mental associated with farming. A study among dairy farmers conducted by Teagasc, National University of Ireland Galway (NUIG) and University of Limerick (UL) indicates that on-going mental distress leads to anxiety and depression. Mental distress also leads to increased expectation of accidental injury. The study also indicates that mental distress from farming can arise from on-going work time pressure, bureaucracy, financial pressure, work unpredictability and the presence of farm hazards. www.teagasc.ie/news--events/news/2016/farmmental-distress.php. The juggling of such competing demands can accumulate to the point that it can lead to stress, and poor mental health.

One of the more general definitions of stress as highlighted by the author in the Irish Farming Independent on the topic of Stress and Farming is "physical, mental, or emotional strain or tension".

While research has shown that some stress can be positive, making us more alert and helping us perform better in certain situations, such stress is only healthy if it is short-lived. Unfortunately, excessive or prolonged stress can lead to debilitating illnesses such as heart disease and mental health problems such as anxiety and depression.

Awareness of stress symptoms

Stress symptoms are warning signs that indicate that something needs to be changed. The signs of stress will vary some of which can often overlap.

Physical symptoms - can include headaches, chronic tiredness and fatigue, musculoskeletal aches and pains, hypertension, rapid heart rate, panic attacks,

Emotional symptoms - can include depression, anxiety worry, fear, feelings of powerlessness and being overwhelmed, feeling trapped, frustrated, irritable or angry, loneliness, grief and feeling like crying a lot.

Cognitive symptoms - can include obsessive thinking, negative thinking, poor short term memory, difficulty concentrating, catastrophising, mind reading, black and white thinking – interpret things as all good or all bad, unable to see options.

Behavioural symptoms - can include expression of anger, being angry with other people, inability to make decisions, chronic complaining, procrastination, withdrawal from family, friends, lack of self care, compulsive behaviours such as change in eating patterns, alcohol and caffeine consumption, gambling and other addictions.

Practical Ways of Personal Stress Management

Whenever there is a feeling of being overwhelmed by stress it is helpful to have a range of practical strategies to reduce its impact. The aforementioned Teagasc study shows that social support has a positive influence on reducing mental distress. The Five Ways to Wellbeing is one such strategy as set out on page 35.

Where can I find out more about managing stress?

- www.mentalhealthireland.ie
- www.yourmentalhealth.ie
- www.teagasc.ie/news--events/news/2016/farm-mental-distress.php
- Health and Safety Authority www.hsa.ie/eng/Workplace_Health/Workplace_Stress/Overview/ .hsa.ie
- Stress Control - find out more about stress Email info@stresscontrol.org <https://stresscontrol.org/home>

Depression



Everyone occasionally feels sad or “blue”. We can often use the expression “I’m feeling depressed” or “not myself lately” when we are feeling sad or miserable. Usually these feelings pass in time over a couple of days or less. However if such feelings are interfering with your day to day living and they don’t go away after a couple of weeks, or if they come back, over and over again, it could be a sign that depression is beginning to set in. If this is the situation it is advisable to seek professional help. People can get better and recover with treatment.

Symptoms of depression and bi-polar can include:

- Persistent sad, anxious or “empty” feelings.
- Feelings of hopelessness and/or pessimism.
- Feelings of guilt, worthlessness and/or helplessness.
- Irritability, restlessness.
- Loss of interest in activities, hobbies or friendships.
- Fatigue and decreased energy.
- Difficulty concentrating, remembering details and making decisions.

- Insomnia, early-morning wakefulness, or excessive sleeping.
- Overeating, or appetite loss.
- Thoughts of suicide, suicide attempts.
- Feeling high, talking too fast and appearing fidgety and nervous.

If you are concerned that you or someone you know might be showing signs of depression it is important to get support.

Where can I find out more about depression and bi-polar?

- Talk to your Family Doctor or contact your local out of hours medical care service www.hse.ie/eng/services/list/3/outofhours/GPOOH.html
- AWARE www.aware.ie Tel: 1800 80 48 48 Available Monday to Sunday from 10am to 10pm. supportmail@aware.ie Email at any time. You can expect a response within 24 hours.
- The Samaritans www.samaritans.org Tel: 116 123. jo@samaritans.org
- GROW www.grow.ie Tel: 1890 474 474

**Your time is limited, so don't
waste it living someone
else's life.**

Steve Jobs

Anxiety & Obsessive Compulsive Disorder



Anxiety: everybody gets anxious at some point in their life. Anxiety is a feeling of worry, nervousness, uneasiness, feeling faint, sweating, having jelly legs and feeling your heart racing. When these symptoms get really bad they may lead to a panic attack which can be extremely frightening but is very treatable.

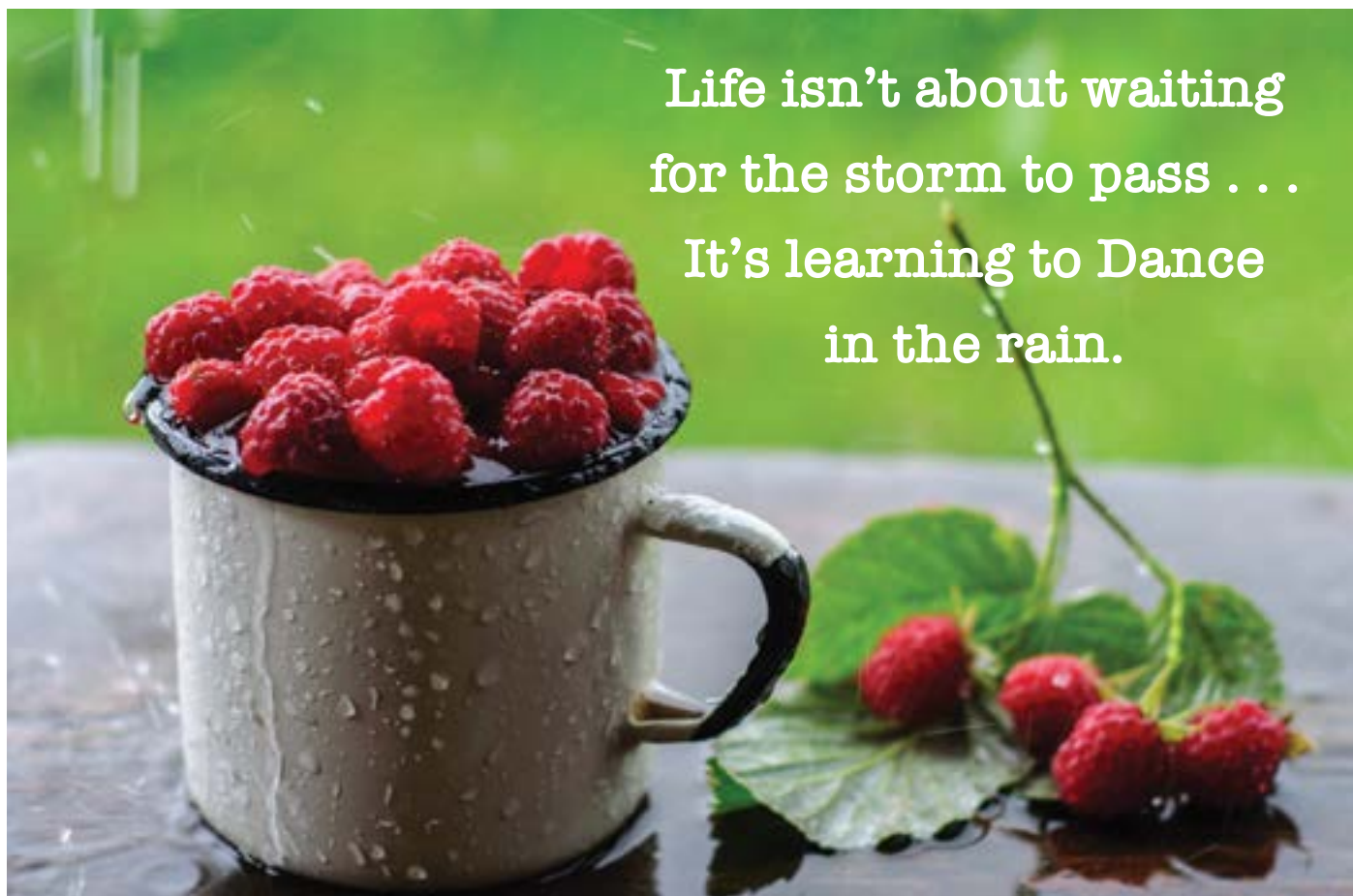
Anxiety can affect your physical and your mental health (behaviour and feelings /emotions). It may pass quickly or may stay for a longer period of time. If you, or a friend, have some of the symptoms it would be helpful to talk to your family doctor or a counsellor about ways to reduce such anxiety.

Obsessive Compulsive Disorder (OCD) is a form of anxiety, where a person feels they have to do things repeatedly to prevent bad things happening e.g. washing your hands repeatedly, switching lights on and off repeatedly.

Where can I find out more about anxiety and OCD?

- Mental Health Ireland - Anxiety pamphlet
www.mentalhealthireland.ie
Tel: 01 284 1166
- Mental Health Ireland
www.mentalhealthireland.ie/a-to-z/anxiety/
info@mentalhealthireland.ie
Tel: 01 2841166
- Social Anxiety Ireland
www.socialanxietyireland.com/
Mobile 085 2168981
- OCD Ireland
www.ocdireland.org/
Email: information@ocdireland.org

Life isn't about waiting
for the storm to pass . . .
It's learning to Dance
in the rain.





Eating Disorders

The term 'eating disorder' refers to a complex, potentially life-threatening condition, characterised by severe disturbances in eating behaviours. The two most serious eating disorders are anorexia nervosa (anorexia) and bulimia nervosa (bulimia). Eating disorders can be seen as a way of coping with emotional distress, or as a symptom of underlying issues. An eating disorder can be very destructive, both physically and emotionally, and people can get trapped into the destructive cycle of the eating disorder without knowing how to cope with it. With appropriate help and support, people can recover from an eating disorder. If

you are concerned about changes in your eating behaviour or someone close to you contact your Family Doctor to check it out.

Where can I find out more about Eating Disorders?

- BODYWHYS – The Eating Disorder Association of Ireland www.bodywhys.ie
Bodywhys Helpline: 1890 200 444
E-Mail Support alex@bodywhys.ie
www.bodywhys.ie/supportServices/online-support-group





Bullying & Abuse

Everyone has the right to live and work in an environment free from bullying, harassment, discrimination and violence. Bullying and abuse are very common and can happen to any one. When somebody does something or fails to do something which results in notable harm to another person, it is called abuse. Bullying and abuse can occur in many different ways including:

Bullying and abuse can occur in many different ways including:

- **Verbal:** name calling, teasing, taunting, insults, and verbal threats.
- **Physical:** hitting, kicking, throwing things at someone or spitting.
- **Social/Emotional:** deliberately ignoring or leaving someone out, putting someone down, blackmailing or forcing someone to do something against their will.
- **Financial or material abuse,** including theft, fraud, exploitation, pressure in connection with wills, property, inheritance or financial transactions, or the misuse or misappropriation of property, possessions or benefits.
- **Sexual assault:** any unwanted sexual contact. It is not just about physical violence. Using fear or threats to make someone do things that they do not want to do is an assault.
- **Cyber/E-Bullying:** Using mobile phones or the internet to hack someone's social media account to post offensive images, spread rumours or send abusive messages; internet stalking; 'hating' on social media sites.

Nobody has the right to hurt you physically or emotionally. SECRECY is an abusers best weapon, so NEVER KEEP IT A SECRET and HELP IS ALWAYS AVAILABLE. The most important thing is to tell somebody you trust and or talk to your family doctor or a Public Health Nurse. Or contact your local Garda Station.

Where can I find out more about Abuse and Bullying?

- Rape Crisis Help www.rapecrisis.ie
24 hour Helpline 1800 778 888
- COSC The National Office for the Prevention of Domestic, Sexual and Gender-based Violence
www.cosc.ie
- Connect Professional Telephone Counselling & Support
www.connectcounselling.ie
Tel: 1800 477 477
- The HSE has a dedicated Elder Abuse Service, with Senior Case Workers in Elder Abuse now working in most Local Health Office Areas.
HSE Infoline Monday to Saturday, 8am-8pm
Tel: 1850 24 1850
Email: info@hse.ie
- Senior Helpline 1850 440 444
www.thirdageireland.ie/what-wedo/14/senior-helpline/
Email: info@thirdageireland.ie
- The Women's Aid 24 hour National Freephone Helpline is available seven days a week at 1800 341 900
www.womensaid.ie
- Amen Abuse Against Men 046 9023 718
www.amen.ie
- Childline
www.childline.ie
Helpline 1800 66 66 66 Text TALK to 50101
- Parentline
www.parentline.ie
Tel: 1890 927 277
- TUSLA - Child and Family Agency
www.tusla.ie
Tel: 01 771 8500

Alcohol



Alcohol is one of the oldest and most widely used drug in the world. Most of us use it for enjoyment, but sometimes drinking alcohol can be a problem. Fights, arguments, money troubles, family upsets, unsafe sex and crisis pregnancies are often a result of having had too much to drink.

Alcohol can be the cause of hospital admissions for physical illness and accidents. It is also important to remember that alcohol has the potential to be addictive. Alcohol often lowers inhibitions, which can result in embarrassing or dangerous behaviour. Alcohol interferes with the chemicals in the brain's control system. The effect alcohol has on our brain makes us drunk, but it can also cause longer lasting or even permanent damage to our brains.

For example:

- Mood changes.
- Learning and concentration difficulties.
- Mental health problems like anxiety and depression.
- Poor memory, dementia.
- Alcohol related brain injuries.

Taking control and staying within low-risk drinking limits: For drinking to be considered 'low risk', the Department of Health and Children currently advises: Adult women should drink less than 11 standard drinks per week & have 2 alcohol free days; Adult men should drink less than 17 standard drinks per week & have 2 alcohol free days.

Where can I find out more about Alcohol?

- HSE Ask about Alcohol
www.askaboutalcohol.ie
Helpline 1800 459 459

- Alcohol Action Ireland www.alcoholireland.ie
- AA www.alcoholicsanonymous.ie
Tel: 01 842 0700
- Al-Anon Ireland www.al-anon-ireland.org
Helpline 01 873 2699
- National Family Support Network – supporting family members living with substance misuse www.fsn.ie
- Dual Diagnosis Ireland- Addiction and Mental illness
www.dualdiagnosis.ie/home/contact-us/
Email: info@dualdiagnosis.ie

Happiness is not
something ready made.
It comes from your
own actions.

Dalai Lama



Drugs



When someone is dependent on drugs they may experience a difficulty controlling their use or spending a lot of time involved in drug use and less time on other things in life. Various things influence how a person is affected by the drugs they take. Some of these things include:

- A person's size, height and weight
- Diet
- Whether other drugs have been taken
- The way the drug is taken
- The environment where you are taking it

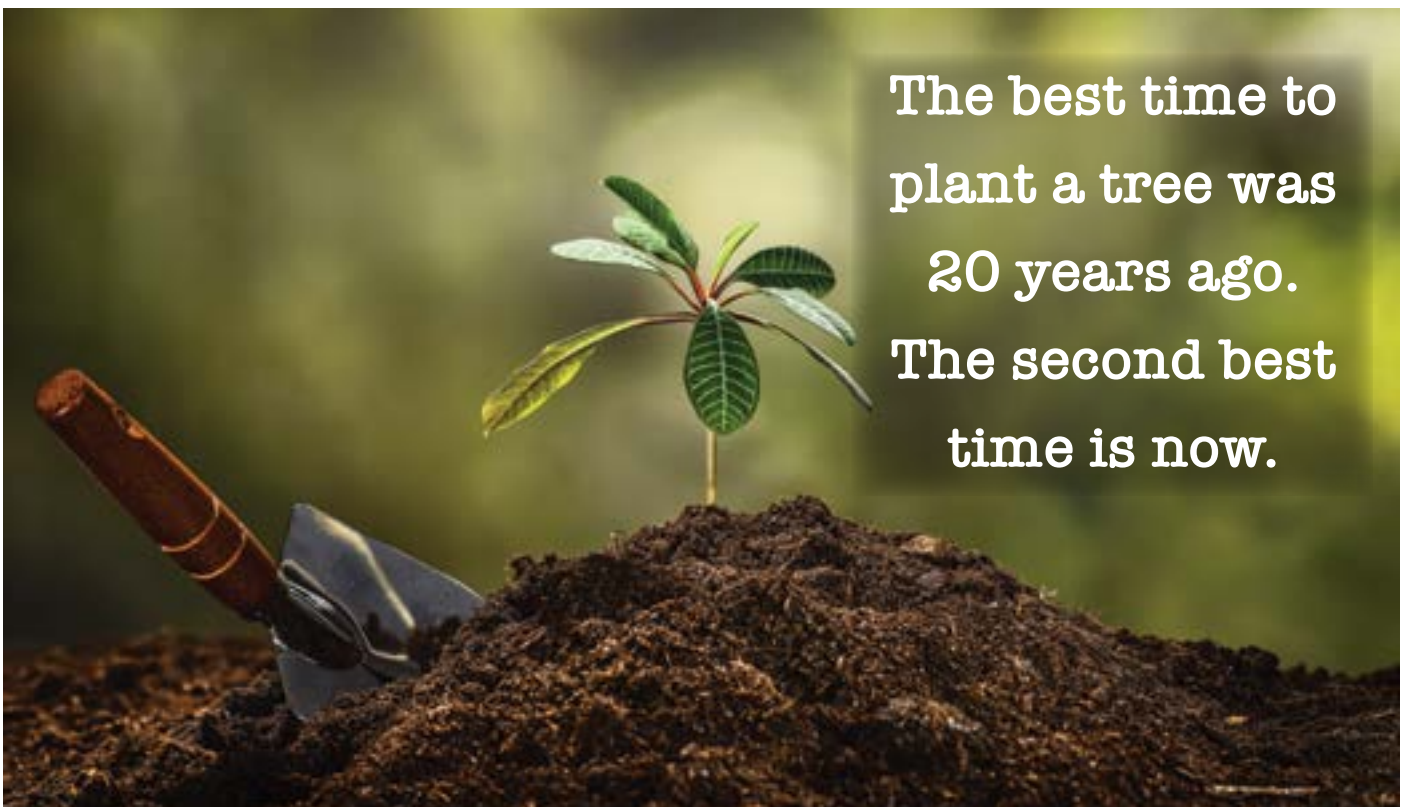
Some users of drugs experience what is known as a 'Come Down'. It is also referred to sometimes as 'Crashing'. This experience can be triggered by numerous different drugs and some people seem more susceptible to this happening. The users will experience a dramatic worsening of mood as the peak effects wear off. This is caused by both physiological and psychological factors.

Physiologically, all the chemicals in the drugs that make you happy and full of energy, have been absorbed or used up by the brain and this makes you feel sad, scared, annoyed and exhausted.

Psychologically, you feel sad because you are coming down from an experience and don't want the feelings to go. Due to this some users find themselves re-dosing in order to put off the come down.

Where can I find out more about drug abuse?

- DRUGS.IE online drug test www.drugs.ie
Tel: 1800 459 459
- Drugs HIV Helpline Tel: 1800 459 459
- Narcotics Anonymous www.na-Ireland.org
Tel: 01 672 8000



The best time to
plant a tree was
20 years ago.
The second best
time is now.

Psychosis



Psychosis is a mental disorder that can seriously affect the way a person thinks and feels. Things that can cause a psychosis include taking illegal drugs. With psychosis a person may have a one-off episode or symptoms may come and go.

The most common forms of psychosis are Schizophrenia Bi-polar affective disorder.

Symptoms may include:

- Being muddled or jumbled up about what is real and what isn't. These are experiences in which people hear, see, feel, smell or taste things that are not really there. Hearing voices is the commonest type of hallucination.
- Confused thinking may also occur, an example would be difficulty in following conversation.
- Feeling down, losing energy and interest in life.

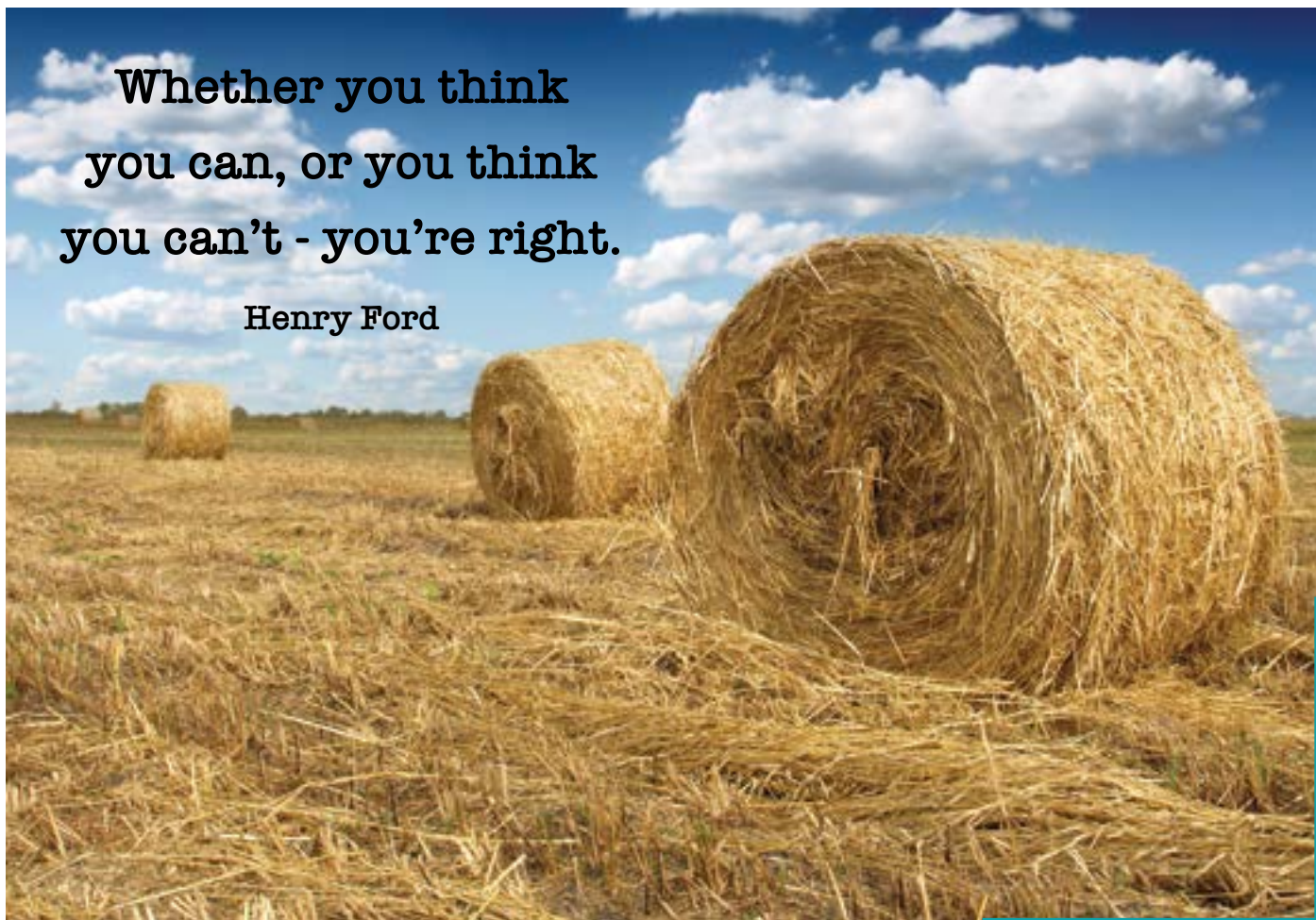
- Feeling high, talking too fast and appearing fidgety and nervous.

Where can I find out more about Psychosis?

- Shine – supporting people affected by mental ill health
Tel: 01 860 1620
Support email phil@shineonline.ie
www.shine.ie
- Hearing Voices Ireland www.voicesireland.com
- The Irish Advocacy Network
www.irishadvocacynetwork.com
Tel: 01 872 8684

**Whether you think
you can, or you think
you can't - you're right.**

Henry Ford



Self Harm & Suicide



Self-harm: is when someone deliberately hurts, cuts or injures him/ herself. Self-harm is a communication of deep distress and is a call for help. It should be taken seriously. If you self-harm it is very important that you seek help and support. It might seem that nobody understands what you're going through or that you are alone but remember there is help available.

Suicide: If you are feeling suicidal, or want to end your life, it is important that you keep yourself safe. Try to remember that thoughts about taking your life are just thoughts. They do not mean you have to act on them, no matter how overwhelming they are. The most important thing to do if you are having thoughts of suicide is to talk to someone.

Reach out to someone who can help. It is okay to ask for help.

Where can I find out more about self harm and suicide?

- Contact your Family Doctor
- The Samaritans - Samaritans is available 24 hours a day, 7 days a week for anyone struggling to cope.
Tel: 116 123 jo@samaritans.org
www.samaritans.org
- Emergency Services 112 or 999
- Pieta House www.pieta.ie
Tel: 01 601 0000
- Your Mental Health
www.yourmentalhealth.ie provides county by county information of sources of help and other help line numbers
- 1 Life Suicide Prevention Tel: 1800 247 100
- Suicide or Survive www.suicideorsurvive.ie
Tel: 1890 577 577
- National Office for Suicide Prevention - it is not a crisis support service, it is

an information and signposting resource.
www.nosp.ie Tel: 01 620 1672

- Pieta House
www.pieta.ie/ive-been-bereaved-by-suicide/
Suicide Bereavement Counselling
24 hours a day, 7 days a week on our Freecall suicide helpline 1800 247 247. or you can text HELP to 51444 (standard message rates apply).
- IFA Pieta House Mind Our Farm Families phone line & counselling service
The Mind Our Farm Families is a dedicated suicide and self-harm phone line 1890 130 022 between IFA and Pieta House
- National Office for Suicide Prevention -. It is not a crisis support service. It is an information and signposting service
www.hse.ie/eng/services/list/4/Mental_Health_Services/NOSP
Tel: 01-6201670
Email: info@nosp.ie
- You Are Not Alone - Help and Advice on coping with the death of someone close
www.healthpromotion.ie/hp-files/docs/HSP00493.pdf
- Living Links - assertive outreach support to the suicide bereaved.
www.livinglinks.ie/
Mobile contact :087 412 2052
Email: Livinglinks.irl@gmail.com

Grief, Loss & Tragic Events



Coping with loss is a personal and singular experience - nobody can help you go through it more easily or understand all the emotions that you're going through. Others can be there for you and help comfort you through this process. The best thing you can do is to allow yourself to feel the grief as it comes over you and to seek out support.

The stages of mourning and grief are universal and are experienced by people from all walks of life. Mourning occurs in response to an individual's own terminal illness, the loss of a close relationship, or to the death of a loved one. Everybody grieves differently and there are different things that may affect the way people grieve. Knowing these may help to understand yours and other people's reactions to the loss. If someone's reaction is different to yours it does not necessarily mean they care less.

Tragic Event Service for Family Farms (TESFF)

Teagasc advisors (office details listed on pages 36-37) have a special relationship with their clients and the farmers in their areas. In the aftermath of tragic events on farms leading to death or serious injury, advisors would like to offer their support without additional cost. Teagasc advisors will be proactive in providing the support needed to spouses and family members at this difficult time. The key areas of support are:

- Technical Support to ensure that the family can make the critical management decisions in time and ensure that the farm can continue to operate at a reasonable level of performance.
- Farm Financial Business Dealing with banks, accountants and Revenue.
- DAFM and Schemes Ensuring that the farm continues to participate in and receive its entitlements under various schemes.

- Structural Changes assist the family stabilise the farm so that it can function effectively, this may mean changing the system of farming, scaling down or employing additional hired labour.

Where can I find out more about grief and loss?

- Barnardos www.barnardos.ie Bereavement Counselling
Tel: 01 453 0355 Helpline Monday to Thursday from 10am-12pm (Wed 12pm-2pm)
- The Irish Hospice Foundation www.hospicefoundation.ie Tel: 01 679 3188
- Rainbows Ireland www.rainbowsireland.ie
Tel: 01 473 4175
- Citizens Information www.citizensinformation.ie/en/death/bereavement_counselling_and_support/bereavement_counselling_andsupport_services.html
Information for those affected by bereavement
www.citizensinformationboard.ie/downloads/guides/Bereavement_Guide_2017.pdf
- Barnardos Bereavement Counselling for Children
www.barnardos.ie/what-we-do/our-services/specialist-services/bereavement-counselling.html
Barnardos Bereavement Helpline Service –
Tel: 01 473 2110 Hours: 10am-12pm Monday to Thursday.
- Anam Cara supporting parents after bereavement
<https://anamcara.ie/>
Tel: +353 (0) 1 4045378
Mobile: +353 (0) 85 2888 888
Email info@anamcara.ie

**“Life is 10% what happens
to you and 90% how you
react to it”**

Charles R. Swindoll



Mindfulness



Practicing mindfulness can help achieve a better quality of life both mentally and physically. Meditation is a very useful tool that can be used at anytime or anywhere by a person to reflect on their emotions, to slow down racing thoughts, and be more “in the moment.” Mindfulness is about the person focussing on themselves, their mind, their body and surroundings. Instead of letting the mind get carried away by unhelpful thoughts and feelings, mindfulness meditation encourages the person to take notice of their thoughts and feelings nonjudgmentally.

Mindfulness exercises to try

One Minute Breathing: Start by taking several deep breaths. Fill your belly up with air like a balloon and gently let the air out. Focus on your breath for one minute. Breathe in and out slowly, holding your breath for a count of six and slowly exhaling. As your mind wanders to other things, try to bring your attention back to your breath.

Mindful Observation: Pick an object in the room and observe it for one minute. Notice the colour, texture, shape, smell, and size of the object. By focusing carefully on one object at a time you can improve your concentration and cool down your thoughts.

The Game of Five Things: Take notice of five things in your day that usually you don't take notice of by using your senses. Try to hear, smell, feel, touch or see things that surround you. For example when you are out and about look around you and see how you can match your five senses to thing and sounds around you. This is a particularly good mindful exercise if you are feeling annoyed, stressed or angry about something.

Trying these mindful exercises can make a difference. Your skills will develop through regular practice and gradually you will feel the benefits.

Where can I find out more about Mindfulness?

- Nurturing Your Mental Health Through Reading
The Power of Words –healthy reading books from your local library
www.hse.ie/eng/services/list/4/Mental_Health_Services/powerofwords/
- Mental Health Ireland
www.mentalhealthireland.ie/a-to-z/mindfulness/
- The Power of Words – Self Help Books available through your local library
Review of 97 titles of self help books
www.iadt.ie/content/files/powerofwords.pdf

Start where you are.
Use what you have.
Do what you can.

Arthur Ashe



Social Inclusion



Being socially included is one of the most powerful protectors of human well-being. Feeling that you are part of a family and community is necessary for feeling comfortable at the personal level, 'in your own skin'. We are social beings and we need not only company but we need to be among others with whom we identify in pursuing common interests in work and leisure. Human beings need to feel endorsed and accepted by the people they live and work with.

In rural areas, there are ways of life and strong community organisations that provide people with a sense of belonging. Agriculture involves communities of farm families who live and work cooperatively alongside each other, often for generations. Institutions like the Gaelic Athletic Association (GAA) provide people of all ages with outlets for playing and spectating. Voluntarism is alive and well in rural areas and not only helps those in need but is equally beneficial for volunteers. Involvement with others and maintaining good neighbourly relationships are hugely important for well-being and protecting social inclusion.

However, it is also the case that, inevitably, due to sparse populations, rural areas can lack social diversity. Research has found that for some, rural life can be stifling. Those who feel deep down that they don't 'fit in' and 'out of place' are socially excluded and their well-being is at high risk. This can be the case even when the person is a member of an organisation but feels deep down that they are not part of it, but rather playing a role. People can furthermore feel 'stuck', unable to escape to alternative ways of living and working. Research highlights that such situations carry a risk of human susceptibility to suicide.

Minority groups, such as Lesbian/Gay/Bisexual/Transgender (LGBT) are an important part of rural society. It is important for all members of rural society to seek out membership of groups in which they can feel part and pursue their interests. Broadband and public transport are often crucial for enabling people to participate in wider society, if relevant groups are not available in the immediate locality.

Where can I find out more about Social Inclusion?

- Local GAA club or www.gaa.ie
- Local Farming Organisation e.g. IFA, ICMSA, ICSA or Macra na Feirme
- Your local show society
- Your local town festival or tidy towns committee
- Lesbian Gay, Bisexual & Transgender (LGBT)
www.belongto.org/groups.aspx
Tel: 1890 929 539
- Social Inclusion and Community Activation Programme (SICAP)
www.pobal.ie/beneficiaries/sicap
Tel: 01/ 511 7985
- Men's sheds help men of all backgrounds lead happier, healthier and more productive lives. If you, or someone you care about, would like to look into joining or forming a men's shed, please call the Mens Sheds Head Office on (01) 891 6150 www.menssheds.ie
- Social Inclusion and Community Activation Programme (SICAP)
www.pobal.ie/Beneficiaries/SICAP/Pages/Social%20Inclusion%20and%20Community%20Activation%20Programme.aspx
Tel: 01 511 7222 (other number fax)
Email: sicap@pobal.ie
- National Rural Network represents the interests of community groups in disadvantaged and marginalised rural areas by highlighting problems, advocating appropriate policies and sharing experiences and examples of good practice.
www.nationalruralnetwork.ie/
Tel: 090 648 2744

When you judge another,
you do not define them,
you define yourself.



Social Farming



What is Social Farming?

Social Farming is the practice of offering family farms as a form of social service. The farm is not a specialised treatment farm; rather the farm remains a typical working farm where people in need of support can benefit from participation in the farms' activities in a non-clinical environment. It also creates the opportunity to reconnect farmers with their local communities through the opening up of their farms as part of the social support system of the community.

Who can use Social Farming services?

People that have successfully used Social Farm services include: people with mental health difficulties and people with disabilities (intellectual, physical and sensory), services for older people, children, people availing of drug/alcohol rehabilitation services and prisoner rehabilitation services among others.

Who can benefit from Social Farming services?

The person that uses services has the additional choice of selecting a working farm as their day service support and having the opportunity to engage with farming activities whether working with animals or plants. Farming also provides the concurrent opportunity to engage in physical outdoor activity and to be involved in meaningful activities in a family environment. Social Care providers have the opportunity to partner with farmers to provide further choice for the people that use their services in the development of their person centred plans. Farmers have the opportunity to augment their income through the development of social service provision, further utilising their farming skills and farm.

Where can I find out more about social farming?

- National Support Office Tel: 071 9641772
- Leitrim Development Company CLG based in Drumshanbo, Co. Leitrim.

Project Manager, Brian Smyth,
Tel: 087 4116626, brian@ldco.ie

Social Farming Co-ordinator
Helen Doherty Tel: 086 7905596,
helen@ldco.ie

Social Farming Researcher
Gail Cummins, Tel: 086 1448719 or gail@ldco.ie
Border Midlands, Paul Henry Social Farming
Development Officer, Tel: 086 1448796 or
paul@ldco.ie

West – Margaret Leahy, Regional
Development Officer, South West Mayo
Development Company CLG
Tel: 087 6233862
Email - mleahy@southmayo.com

South West – Stefanie Jaeger, Regional
Development Officer, West Limerick
Resources CLG.
Tel: 087 3663842. Email - SJaeger@wlr.ie

South East – John Evoy, Regional
Development Officer, Waterford Leader
Partnership CLG.
Tel: 087 2311061. Email - john.evoy@wlp.ie

- Social Farming
www.agriculture.gov.ie/cedra/socialfarming/
Social Farming Across Border (SoFAB)
www.socialfarmingacrossborders.org/
Tel: 086 7905596
Email: helen@ldco.ie



Positive Ageing & Staying Fit for Farming



Normal aging is a gradual process accompanied by some physical decline, such as decreased vision, hearing, and pulmonary and immune functions. Changes also occur in mental functioning. Coping with all these gradual changes can be difficult and challenging but it can be done in a healthy way. Each individual ages in their own way.

Risk Concerns

Many farmers don't retire primarily because unlike many other employment situations, there is no standard retirement age from farming. Those who wish to remain active well into their later years can often do so with adequate support and if they take care of themselves remaining aware of the risks involved with routine farm activities. Stress reduction, and creating a safe work environment are the keys to helping the older farmer continue working. The main causes of farm accidents for the older farmer are according to the Health and Safety Authority.

- PTO guards broken or missing.
- Carrying out high risk maintenance on buildings and roofs.
- Decreased mobility and reaction time are probably the biggest contributory factors particularly in relation to deaths involving tractors/machinery and bulls and other livestock.
- Strength, mobility and flexibility are factors in most deaths from falls from height.
- Older farmers working with livestock on their own. Stress can be an issue which can lead to depression, low moods and exacerbate physical illness.
- Tractors and machinery poorly maintained e.g. handbrakes and steering.
- Starting tractor from outside the cab.

Risk Management

- Adjusting work practices and making sure not to be in a position that can require quick movement to get out of the way to avoid injury.
- Assessing the work to be done.
- Get competent help when handling livestock.
- Have tractors and machinery properly maintained.

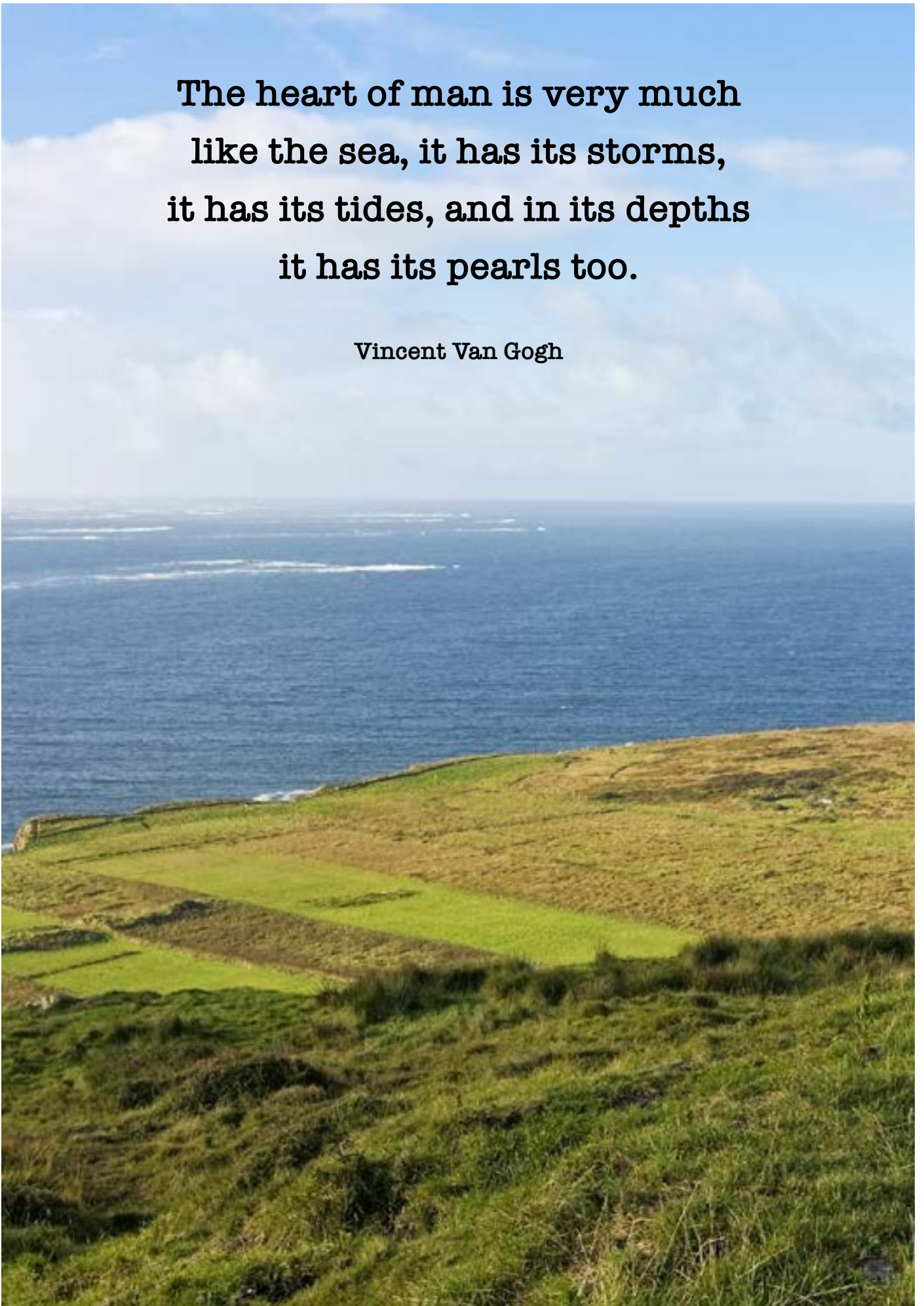
Where can I get more information about staying fit for farming?

- **Staying Fit For Farming**
This Health booklet aims to promote enhanced health practices among farmers nationally. The booklet has been written specifically for farmers and reflects what farmers and a range of farm organisations regard as the key health issues affecting farmers. It outlines some simple steps that farmers can take to protect and improve their health.
www.teagasc.ie/publications/2013/staying-fitfor-farming.php
- Health and Safety Authority and IFA have jointly produced videos entitled
www.youtube.com/user/HSAOlderWiserSafer?feature=mhee
- www.hsa.ie/ Free publication Safety of Older Farmers
- www.positivefarmers.ie/#xl_xr_page_farm_safety



**The heart of man is very much
like the sea, it has its storms,
it has its tides, and in its depths
it has its pearls too.**

Vincent Van Gogh



Five Ways to Wellbeing



A particularly useful and a manageable tool worth considering as a very practical approach to manage stress and improving wellbeing is the Five Ways to Wellbeing .i.e. Connecting, Taking Notice, Learning, Giving, and Being Active, They might sound basic, but there is good evidence that they can help with physical and mental wellbeing. They were developed based on a review of evidence gathered in the UK Government's 2008 Foresight Project on Mental Capital and Wellbeing. The aim was to identify five actions that are simple, universal, which anyone can do on an individual level, and for which there is some evidence of an association with wellbeing. Try them and encourage their use!

1. Connect

Feeling close to, and valued by, other people is a fundamental human need and one that contributes to well-being.

- talk to someone instead of sending a FB message, Snap Chat
- put five minutes aside to find out how someone really is feeling

2. Be active

Regular exercise and physical activity reduce depression and anxiety.

- Take the stairs not the lift or escalator
- Walk, jog, or run

3. Take notice

Enjoying and savouring the moment enhances your well-being.

- Have a 'clear the clutter' day
- Be sensitive and aware of the people around you

4. Keep learning

Learning enhances your self-esteem and encourages social interaction, and higher levels of wellbeing.

- Consider setting yourself a new challenge
- Discover a new interest or hobby

5. Give

Acts of kindness increase in happiness and well-being

- Give an hour of your time to a voluntary organisation
- Do a good deed for someone



Where can I find out more about the Five Ways to Wellbeing?

- Mental Health Ireland Five Ways to Wellbeing
www.mentalhealthireland.ie/five-ways-to-wellbeing/
 Tel: 01 2841166
 Email: info@mentalhealthireland.ie

Contact Teagasc Regional Offices:



OFFICE	ADDRESS	COUNTY	TEL. NO.
Ashtown (Hort/Fruit)	Ashtown,	Dublin 15	01 8059778
Athenry	Mellows Campus, Athenry,	Co Galway	091 845245
Athenry	Mellows Campus, Athenry,	Co Galway	091 845804
Ballina	Bunree Road, Ballina,	Co Mayo	096 22077
Ballina	Bunree Road, Ballina,	Co Mayo	096 22077
Ballinasloe	Deerpark, Ballinasloe,	Co Galway	090 96 42456
Ballinasloe	Deerpark, Ballinasloe,	Co Galway	090 96 42456
Ballinrobe	Abbey Road, Ballinrobe,	Co Mayo	094 9542480
Ballybofey	Cavan Lower, Ballyfofey	Co Donegal	074 9131189
Ballyhaise Adivsory Office	Ballyhaise,	Co Cavan	049 4338630
Ballymote	Carrownanty, Ballymote	Co Sligo	071 9183369
Castlereaa	St Patricks Street, Castlearea	Co Roscommon	094 9620160
Castlereaa	St Patricks Street, Castlearea	Co Roscommon	094 9620160
Claremorris	Lower James Street, Claremorris	Co Mayo	094 9371360
Clonakilty Adv Office	Darrara, Clonakilty	Co Cork	023 8863130
Clonmel	Carrigeen, Clonmel,	Co Tipperary	052 6121300
Drogheda	Slane Road, Drogheda	Co Louth	041 9833006
Dundalk	Dublin Road, Dundalk	Co Louth	042 9332263
Dungarvan	Shandon, Dungarvan	Co Waterford	058 41211
Ennis	Station Road, Ennis	Co Clare	065 6828676
Enniscorthy	Dublin Road, Enniscorthy	Co Wexford	053 9239210
Gorey	Gorey,	Co Wexford	053 9421333
Grange	Dunsany,	Co Meath	046 9061050
Johnstown Castle	Johnstown Castle,	Co Wexford	053 9171350
Kanturk	Percival Street, Kanturk	Co Cork	029 50886
Kilkenny	Kells Road, Kilkenny	Co Kilkenny	056 7721153
Killarney	Cleeney, Killarney	Co Kerry	064 6632344
Killmallock	Killmallock	Co Limerick	063 98039
Killmallock	Killmallock	Co Limerick	063 98039
Kinsealy,Dublin	Malahide Road	Dublin 17	01 8459026

Contact Teagasc Regional Offices (cont):



OFFICE	ADDRESS	COUNTY	TEL. NO.
Letterkenny / Carndonagh	Carnamuggagh, Letterkenney	Co Donegal	074 9121555
Listowel	Clieveragh, Listowel	Co Kerry	068 21266
Longford	Town Centre, Longford	Co Longford	043 33 41021
Macroom	Codrum, Macroom	Co Cork	02641604
Mallow	Sandfield, Mallow	Co Cork	022 21936
Manorhamilton	Sligo Road, Manorhamilton	Co Leitrim	071 9855107
Midleton	Knockgriffin, Midleton	Co Cork	021 4635463
Mohill	Ballinamore Road, Mohill	Co Leitrim	071 9631076
Monaghan	Coolshannagh, Monaghan	Co Monaghan	047 81188
Fermoy	Moorepark, Fermoy	Co Cork	025 42244
Mullinavat	Mullinavat,	Co Kilkenny	051 898650
Mullingar	Bellview, Dublin Road, Mullingar	Co Westmeath	044 9333000
Naas	Friary Road, Naas	Co Kildare	045 879203
Navan	Kells Road, Navan	Co Meath	046 9021792
Nenagh	Dromin Road, Nenagh	Co Tipperary	067 31821
Newcastle West	Gortboy, Newcastle West	Co Limerick	069 61444
Oakpark Advisory	Oakpark, Carlow	Co Carlow	059 9183555
Portlaois	1 Park Villas, Portlaoise,	Co Laois	057 8682170
Roscommon	Abbey Street, Roscommon	Co Roscommon	090 6626166
Scarriff / Ennis	Fossabeg, Scarriff	Co Clare	087 7564438
Skibbereen	Coronea, Skibbereen	Co Cork	028 21888
Thurles	Castlemeadows, Thurles	Co Tipperary	0504 21777
Tinahely	Coolruss, Tinahely	Co Wexford	0402 38171
Tralee	The Pavillion, Austin Stack Place	Co Kerry	066 7195461
Tuam	Upper Dublin Road, Tuam	Co Galway	093 28123
Tullamore	Clonminch, Tullamore	Co Offaly	057 9329430
Westport	Newport Road, Westport	Co Mayo	098 28333

Mental Health Ireland Area Development Officer Team



Promoting Mental Health: Supporting Local Action

The Area Development Officer Team work in partnership with statutory and voluntary organisations to develop mental health promotion initiatives locally. They have the flexibility to adopt a local approach, working out of hours to engage fully with local communities.

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Bill Vaughan - Donegal

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Teresa Keane - Mayo and Roscommon

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Ita Tobin - Cavan, Monaghan

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**Every Day May Not Be Good
But There Is Something Good
In Every Day**



Notes

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