



Recent Articles on Mental Wellness in Agriculture

Compiled by AgSafeBC

July 15, 2022

*Over the past few years the agricultural community has begun to open up about the mental health and wellness challenges of farm life. More and more articles are being written by farmers about their personal experiences – how they recognized and addressed their own mental wellness concerns.*

*Here are a few articles we'd like to share:*

[We need to talk about farmer mental health](#)

*Like many organic farmers, they often cared more for the environment than themselves. She now realizes that taking care of mental health isn't a weakness. It's 'like putting on your own oxygen mask before you assist others'. - Teri Jenkins*

[Safety first: How to manage your mental health when farm stress strikes](#)

*"Stress has this insidious way of getting to us. When we're distracted, things can happen." - Gerry Friesen*

[How managing financial stress can improve your mental health](#)

*"Some financial stress can be relieved by improving your financial knowledge and better understanding your business's position. To get started, Filipchuck shares four practical suggestions."*



250-762-5226  
1-800-619-9022



info@bcfga.com



www.bcfga.com



880 Vaughan Ave  
Kelowna, BC V1Y 7E4