



Southwest Center
FOR AGRICULTURAL HEALTH, INJURY PREVENTION, AND EDUCATION

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Mental Health & COVID-19

To all those essential workers, including farmers, ranchers, fishermen, and loggers going to work everyday during these circumstances, thank you for all that you do to continue to provide for your community and the world. We rely upon unsung heroes like you everyday and during this unprecedented time.

We know this can be a very stressful time for you, your workers, and your families. Fear, confusion, and exhaustion, can place a strain on your mental health. We have provided some helpful resources for you as you practice stress management. We place an emphasis on "management" because we know that you can't always completely remove stress or stressors from your life. Here is how you can practice more mindful techniques during these uncertain times.



It begins by taking care of yourself.

Recommendations from the CDC:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body
 - Try stretching, meditating, and taking deep breaths.
 - Try to eat healthy, well-balanced meals.
 - Exercise regularly and get plenty of sleep.
- Avoid alcohol and drugs.
- Make time to unwind alone or with your family.
- Try to do some other activities you enjoy or take a walk.
- Connect with others over the phone or online.
- Talk with people you trust about your concerns and how you are feeling.

Visit our social media pages for COVID-19 related health tips and info.



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www.swagcenter.org

[Click for CDC Recommendations on Managing Stress During COVID-19.](#)

Dial 2-1-1 To talk to someone about the available mental health, health care, food, and housing resources in your area.

You can also visit 211.org