

2024 Farm Safety Calendar

MAY - Spring has sprung! Check in on your mental health.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>THIS MONTH: May is National Mental Health Awareness Month! Farming can be an extremely stressful job. With so much to get done, combined with navigating farm transitions, financial hardships, family conflicts, and more, it can be overwhelming and take a toll on mental health. Use these UMASH resources to check for signs of stress in yourself and others, understand how stress can affect your health, and find ways to get support.</p>			<p>1 WOMEN JUGGLING IT ALL RESILIENCY CIRCLE Online 12:00 pm</p>	<p>2 CANNABIS AND WORK SGG Symposium 2:00 - 4:30pm</p>	<p>3 VIDEO: MENTAL HEALTH AND AGRICULTURE</p>	<p>4</p>
<p>5 Resiliency PROGRAMS ONLINE COFFEE CHATS, CIRCLES, AND WEBINARS</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10 FARM SAFETY CHECK: STRESS AND WELLNESS</p>	<p>11</p>
<p>12</p>	<p>13 PUBLIC HEALTH INSTITUTE BEGINS</p>	<p>14 NATIONAL DANCE LIKE A CHICKEN DAY</p>	<p>15</p>	<p>16 GLOBAL ACCESSIBILITY AWARENESS DAY</p>	<p>17 TOOLKIT: CULTIVATING RESILIENCE IN RURAL COMMUNITIES</p>	<p>18</p>
<p>19 SIGNS AND SYMPTOMS OF STRESS ENGLISH SPANISH</p>	<p>20</p>	<p>21</p>	<p>22 FARMER VETERAN COALITION FREE VIRTUAL QPR SUICIDE PREVENTION TRAINING SESSION</p>	<p>23</p>	<p>24 DON'T FRY DAY HEAT AND SUN PROTECTION AWARENESS</p>	<p>25 FARM SAFETY CHECK: SUN SAFETY</p>
<p>26</p>	<p>27 MEMORIAL DAY</p>	<p>28</p>	<p>29 AgriSafe Network NEEDLESTICK WEBINAR: A DISCUSSION ON SHARPS SAFETY 12:00 - 1:00 pm Central</p>	<p>30</p>	<p>31 FARM SAFETY CHECK: HEAT ILLNESS</p>	<p>SAVE THE DATE August 6-8 MN Farmfest UMASH Wellness Pavilion</p>