

SIGNS AND SYMPTOMS OF STRESS

on the farm



PHYSICAL SIGNS

- ✓ Poor or disturbed sleep
- ✓ Weight loss or gain
- ✓ Changes in appetite
- ✓ Stomach or gastrointestinal problems
- ✓ Clenching or grinding teeth
- ✓ Chest pain
- ✓ Poor hygiene

WHAT CAN YOU DO?

See the back of this card for help and suggestions - for you or someone you know!

BEHAVIORAL SIGNS

- ✓ Worrying about things you didn't worry about before
- ✓ Loss of interest in things you used to enjoy (hobbies)
- ✓ Poor concentration, confusion; forgetfulness
- ✓ Uncertainty, trouble making decisions
- ✓ Relationship problems
- ✓ Sad mood
- ✓ Feeling anxious
- ✓ Change in personality, irritability
- ✓ Negative thinking
- ✓ Wanting to withdraw from people and activities
- ✓ Increased smoking/drinking

MN Lifeline with National Suicide and Crisis Lifeline: 988

It's free, confidential and open 24/7

Revised January 2025



ADDITIONAL REGIONAL AND NATIONAL
RESOURCES AVAILABLE AT:

umash.umn.edu/stress

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WHAT CAN YOU DO?

Do you recognize the signs and symptoms in yourself or someone you know?

TAKE ACTION.

Here's how you can help.

YOURSELF

- ✓ Talk to your friends, clergy, or medical provider.
- ✓ Reach out to a mental health counselor.
- ✓ Reach out to a loved one. Talk about how you are feeling.

SOMEONE YOU KNOW

- ✓ Listen attentively and without judgement. Try to understand where they are coming from.
- ✓ Share your concerns about their behavior, mood, appearance, etc. Ask questions about changes you observe.
- ✓ Encourage them to reach out/ tell a family member.



24/7 CALL, TEXT, CHAT

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UMASH is funded by the National Institute for Occupational Safety and Health cooperative agreement U54OH010170.