



My Coping Strategies Plan

A helpful step in managing stresses in farming and ranching is to consider the “tools” or “strategies” that are available for dealing with particular stresses. This handout provides a list of useful coping “tools” that can be part of your toolbox for managing individual, family or farming/ranching stresses.

Strategies for the Coping Toolbox

Physical	Mental	Emotional / Spiritual
<ul style="list-style-type: none"> • Get a medical checkup • Eat a healthful breakfast • Drink four to eight glasses of water daily • Eat more fruits, vegetables and healthful snacks • Exercise at least 20 minutes daily (walk, swim, ride a bike, etc.) • Get at least seven to eight hours of restful sleep • Receive a neck or back massage • Take a relaxing bath or shower • Hug a loved one or friend • Practice restful, deep or slow breathing • Abstain from alcohol, tobacco or other drugs • Do gentle stretching during a break or to warm up or cool down 	<ul style="list-style-type: none"> • Take 10 minutes and reflect on your blessings • Write your thoughts in a journal or notebook • Listen to relaxing music • Spend 30 minutes doing something with your hands (draw, carve, etc.) • Read a book you enjoy • Watch TV or videos that make you laugh • Do a hobby • Attend a class or seminar to learn something new or of interest to you • Visit with a counselor or spiritual leader • Reach out to someone for support or help • Spend 10 minutes to plan your day and priorities • Take regular five- to 10-minute breaks in your day to relax and recharge 	<ul style="list-style-type: none"> • Tell a loved one what you appreciate about him/her • Play with a child or grandchild • Volunteer to help with a cause important to you • Go out for a meal with a friend or loved one • Reflect on and forgive yourself for mistakes • Share concerns with a counselor or other professional • Explore your spiritual life and activities • Pray or meditate • Do random acts of kindness • Express “thank you” to someone daily (send a note, etc.) • Write down three things you are grateful for daily • Go for a walk or drive in nature

Steps to a More Sustainable Lifestyle – At Home and On the Farm

Just as farms need to be operated in a sustainable way that preserves resources for the long term, an individual's life needs to be managed in a sustainable way for long-term well-being. Feeling overly tired, overwhelmed by stresses or under constant pressure is not a recipe for a sustainable lifestyle.

Plan your "12 Steps to a More Sustainable Lifestyle" by **selecting and prioritizing two strategies for each category** from the "Coping Toolbox" list (or others that make sense to you). Seek to review and incorporate these strategies daily and weekly for a four-week period and see if your life feels healthier and less stressful. Also, share and discuss these strategies with someone you trust and visit twice a week to assess and encourage progress in your efforts.

Physical	<hr/> <hr/>
Mental	<hr/> <hr/>
Emotional / Spiritual	<hr/> <hr/>
Personal / Relational	<hr/> <hr/>
Work / Professional	<hr/> <hr/>
Financial / Practical	<hr/> <hr/>

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Visit the K-State Families website for more information about families and stress: www.ksre.ksu.edu/families

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