

GOT 5 MINUTES? MAKE TIME FOR YOU!

1. Take a quick walk, stretch, grab a cup of coffee or a snack, or text a friend to check-in.
2. Breathe deeply and focus on something that is positive and makes you happy.
3. Prioritize: Write down what you need to complete and when. What tasks need to be done and what can wait? Give thought as to who you can contact for specific issues, e.g. speak with your financial advisor or bank regarding financial concerns. What can you ask someone else to do? Delegating is good. Saying "no" or "not now" is also ok!
4. Be mindful of your diet and your food and beverage choices.
5. Share your feelings – talking to someone can make a big difference.



5 min

RESOURCES

Free access to mental health, addiction and problem gambling service is available 24 hours a day, 7 days a week, 365 days a year.



ConnexOntario 1-866-531-2600

Kids Help Phone 1-800-668-6868 (ages 5-20)

Canadian Mental Health Association 1-800-436-2338



Text 686868 (for youth and adults sponsored by Kids Help Phone)



ConnexOntario.ca

Mental Health Kit for Farmers omafra.gov.on.ca/english/about/mental-health.htm#1



If you feel that you are a threat to yourself or others
call **911 immediately** or go to your closest emergency
department or hospital.



ONTARIO PORK

ontariopork.com/mentalhealth

(Sources: Canadian Mental Health Association and the Ontario Ministry of Agriculture, Food and Rural Affairs)

The information contained within this resource is for information purposes only and is not a substitute for professional advice. Concerns specific to stress, anxiety depression or other mental health impacts should be discussed with your doctor or other mental health professional.

WHEN IT'S TIME TO TALK

crisis mental health information and resources



ONTARIO PORK

Stress is all around us — family, relationships, work, financial, health (human and animal) — and it can sometimes become very overwhelming, taking a toll on our mental wellbeing.

With busy and demanding lives and jobs, it can be difficult to find the time to take care of ourselves. That is why it is so important for family, friends and neighbours to look out for one another.

Remember that you are not alone — reach out to a family member, or a friend, or other emotional support. Just talking with someone can make a world of difference.

There are also confidential resources — available 24/7 — that you can and should contact if you, or someone you know, is in need of assistance.



WHAT IS DEPRESSION?

Depression is a mental health condition that affects a person's mood — the way a person feels. Mood impacts the way people think about themselves, relate to others, and interact with the world around them. This is more than a 'bad day' or 'feeling blue.'

SIGNS OF DEPRESSION INCLUDE:

- Feeling sad, worthless, hopeless, guilty or anxious a lot of the time
- Feeling irritable or angry; this may include losing interest in things that you used to enjoy and may also include withdrawing from others
- Difficulty concentrating, focusing on tasks and remembering information; it can be hard to concentrate, learn new things or make decisions
- Changes in eating and sleeping habits and also impacts to one's physical health

WHAT IS STRESS?

Stress is the body's response to a real or perceived threat. Some stress can be a good thing. It can motivate us to focus on a task or take action and solve a problem. In this situation, stress is manageable and even helpful. Stress becomes a problem when we are not sure how to handle an event or a situation. Then worry sets in, and we feel "stressed."

WHAT IS ANXIETY DISORDER?

Everyone feels anxious at times. Workplace pressures or demanding schedules or health issues can lead to worry, even fear. However, people suffering from an anxiety disorder have intense, prolonged feelings of fright and distress for no obvious reason, and these feelings can seriously impact feelings, thinking and actions.

(Sources: Canadian Mental Health Association and the Ontario Ministry of Agriculture, Food and Rural Affairs)

HOW ARE YOU FEELING?

While everyone experiences some level of stress, anxiety and/or depression in their lives, being able to identify and lessen stress is important to one's overall wellbeing and in helping to ensure that everyday stress does not escalate to something more serious.

The dashboard below uses colours – green, yellow, orange and red – to help you measure your stress level, as well as provides some coping strategies. For example, under Orange, moderate insomnia and a constant focus on problems and anger, can lead to injury and/or burnout. On any given day, depending on your circumstances, your stress level may escalate; it is important to know when you need help, or if you feel someone around you needs help, and act upon it.



If you feel that you are a threat to yourself or others call **911** immediately or go to your closest emergency department or hospital.

BE THERE TO HELP AND LISTEN

Do you know someone who is going through a challenging time? Have you noticed differences in their behavior, attitude or appearance, or a difference in the condition of their farm or animals? Do you struggle with how to speak with them? How do you begin? What do you say?

START SIMPLE "How are you?" or "How are things at the farm?" are basic questions to ask to begin a conversation. From there, you can continue the conversation by asking questions specific to what the speaker is saying.

TRY TO ACTIVELY LISTEN AND RESPOND ACCORDINGLY Listen and pay attention to what the speaker is saying. Give your full attention to the speaker so that the speaker knows and feels that what they are saying is important and that you are genuinely concerned and interested in their wellbeing. Be patient, give the speaker time to gather their thoughts, and provide gentle encouragement to the speaker to reveal additional thoughts and feelings.

OFFER TO HELP Acknowledge that the speaker is dealing with a lot and ask what you can do to help or support them. If you know of someone in a similar situation, you can offer suggestions on what that person is doing. If you have expertise in a specific area, you can offer to work together with the speaker.

SUPPORT SYSTEM Ask the speaker if they have a support system and someone they can talk to, be it their family, a friend or a neighbour. If not, encourage them to open up to someone they feel comfortable with, or to contact a mental health resource/professional.

THE HARDEST AND MOST IMPORTANT QUESTION TO ASK:

Do they have thoughts of causing harm to themselves or others? Are they feeling suicidal?

If yes, contact 911 and stay with the person until assistance arrives. Do not leave the person on their own.

My dashboard

By Dr. Georges Sabongui © 2018

Balance is extremely important when dealing with stress. When you look at your internal dashboard, do you see all green lights? Are there any red lights tipping you toward overload and stress? Let's all take care of ourselves so we can continue to do what we enjoy most.

	Green Healthy Optimal	Yellow Reacting Stress	Orange Injured Burnout	Red Illness Depression Mental illness
 Physical	<ul style="list-style-type: none"> Good sleep Good appetite, want to eat healthy Want to take care of physical health Rarely or never sick 	<ul style="list-style-type: none"> Mild insomnia Tired Attracted to junk food often Unmotivated to exercise Trouble relaxing without a drink 	<ul style="list-style-type: none"> Moderate insomnia Exhausted Binge eating Drinking too much alcohol or using drugs to relax Various aches and pains 	<ul style="list-style-type: none"> Constantly sleeping or periods of no sleep at all Constant aching in body Immune compromised: always sick Trouble getting off the couch or getting out of bed Only moments of relief come from excessive drinking or drugs, or over-the-counter medication
 Mental	<ul style="list-style-type: none"> Mentally clear Focused Good concentration Creative problem-solving Sees solutions 	<ul style="list-style-type: none"> Easily distracted Excessive worry Procrastination Avoidance Sees obstacles 	<ul style="list-style-type: none"> Chronically preoccupied Inability to concentrate Impaired decision-making Memory loss Constant focus on problems Always negative 	<ul style="list-style-type: none"> Impaired judgment Paralyzed decision-making *Suicidal thoughts or actions <i>*If you're having suicidal thoughts, seek help immediately and call 911.</i>
 Emotional	<ul style="list-style-type: none"> Motivated Excited Good social network 	<ul style="list-style-type: none"> Irritability Loss of sense of humour Discouraged Impulsive Seeing people is a chore 	<ul style="list-style-type: none"> Anger Anxiety Low mood Overwhelmed Avoiding social situations 	<ul style="list-style-type: none"> Apathy Hopelessness or helplessness Out of control: explosive-implosive, holding it all in Feeling like a burden Isolating yourself from friends, family, and your community
 Strategies	<ul style="list-style-type: none"> Self care: physical, mental and emotional Serotonin boost Take a work break or vacation 	<ul style="list-style-type: none"> Reaching out to friends and family Doing something to relax Seeing your family doctor 	<ul style="list-style-type: none"> Peer support, assistance programs, mental health first aid 	<ul style="list-style-type: none"> Professional or clinical support: doctor, psychologist