



Let's talk about dealing with farm stress | CFAES On Sustainability

Description



Help for handling a tough business – “It is no secret that farming is a tough business,” the workshop description says. “It’s physically, emotionally, and financially draining, is reliant on the willpower and fortitude of its owners and managers, and is governed by markets, regulations, and weather beyond

our control.” Mendell is a “farm owner and mother who has worked through diagnosed anxiety and OCD disorders and created systems to help reduce stress on her own farm,” the workshop description says. Cabral is a rural mental health advocate and service provider.

Read the full article at: u.osu.edu

Category

1. TheCircularEconomy.com

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