

Stress Less for Better Health

How farmworkers can manage stress


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Luis, feeling stressed is common. Stress is your body's physical and mental response to constantly worrying about something that will happen, having a lot on your mind, or being sick.



**WORK
HEALTH
UNPAID BILLS
DEBTS**

Stress turns into something negative when it's chronic and you can't "shut it off."



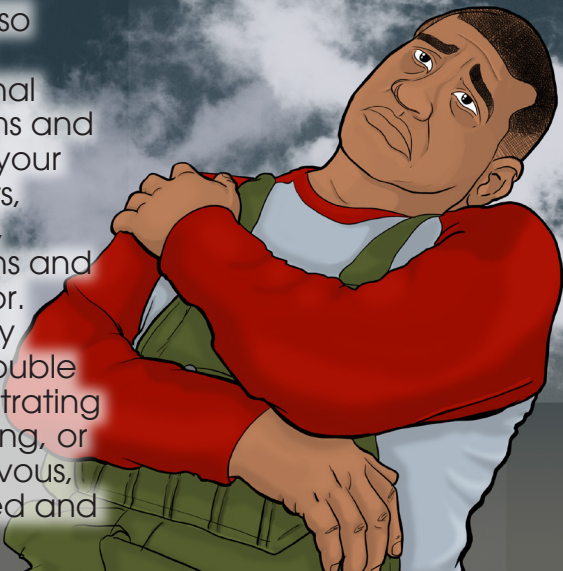
Light switch

That's when it can cause health problems like:



DIABETES
OBESITY
HIGH BLOOD PRESSURE
HEART DISEASE
STROKE

Stress also causes emotional problems and affects your thoughts, feelings, emotions and behavior. You may have trouble concentrating or relaxing, or feel nervous, frustrated and sad.



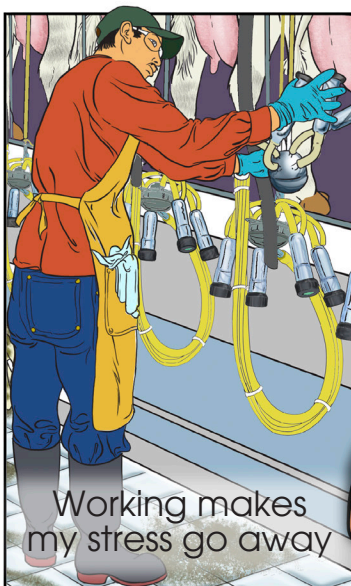
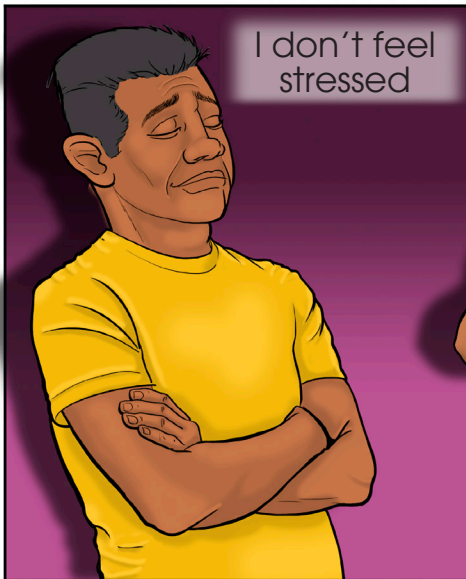
Stress changes what and how much you eat, and can cause stomach aches and back pain.



Fast food items: donuts, fries, burger, soda



First, identify the feelings and actions that are unhelpful



Connect with others

Learning a language



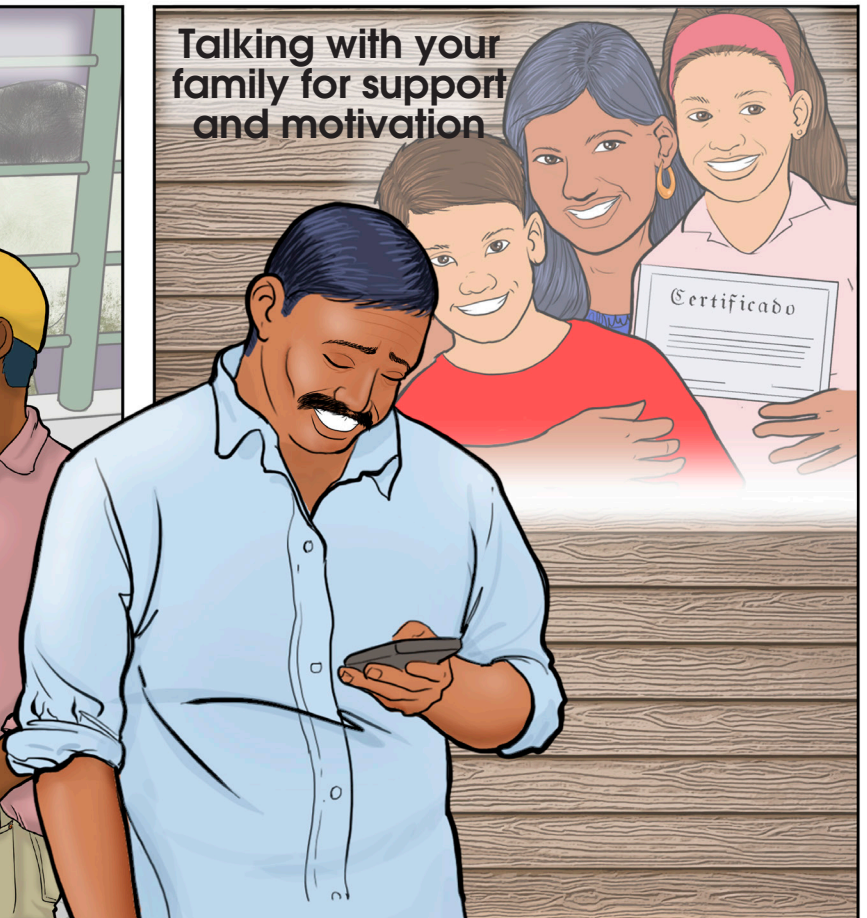
Playing a team sport



Spending quality time with coworkers

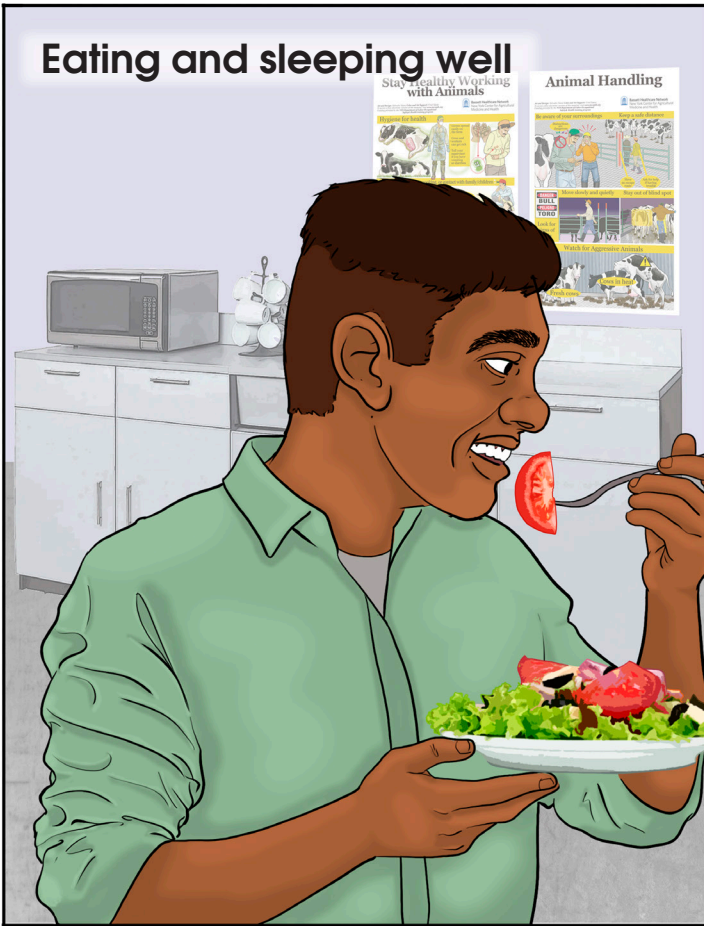


Talking with your family for support and motivation



Identify strategies for self-care. These could include:

Eating and sleeping well



Drinking more water



Taking a hot shower

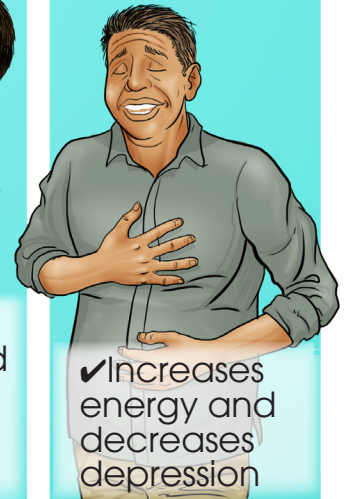
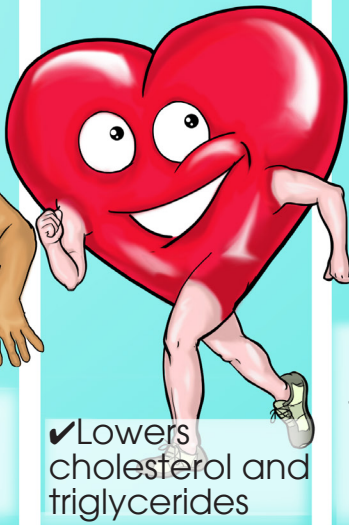
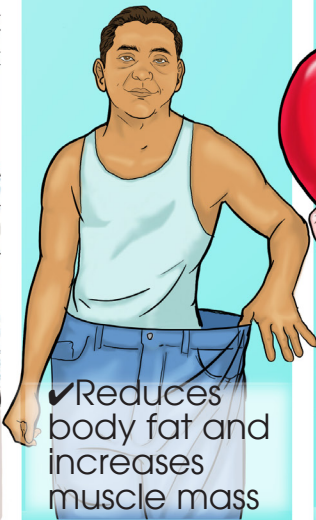
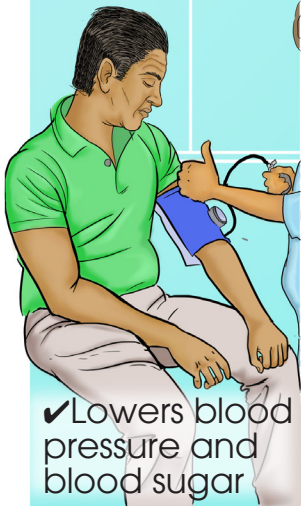


Giving yourself a shoulder rub

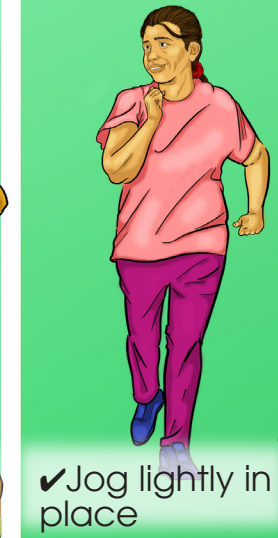


Your self-care should also include exercise for your well-being

This is how exercise benefits you



You can do it at home

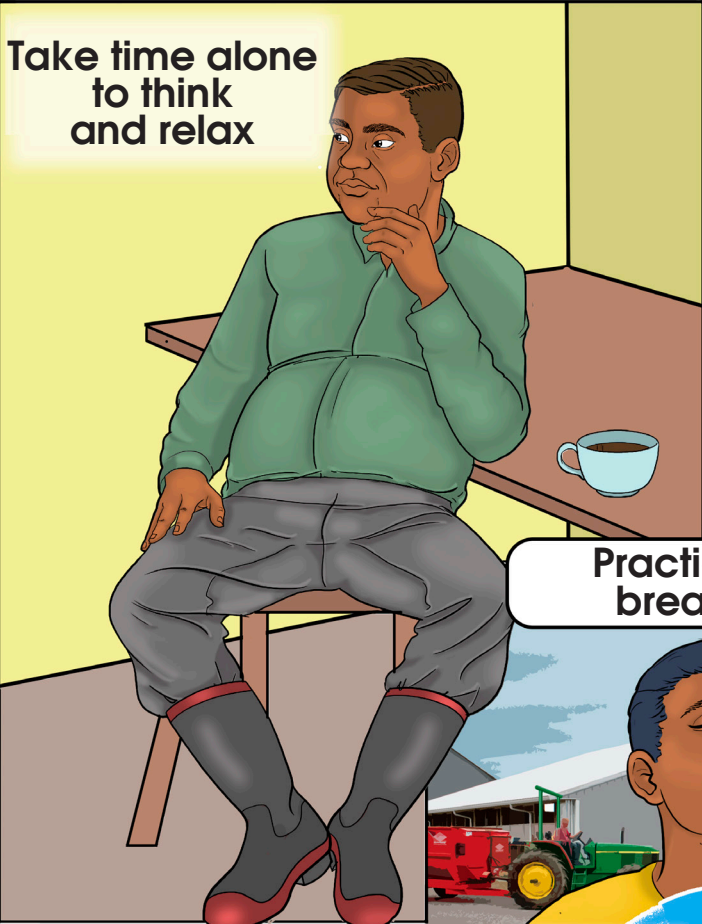


You can do it outside



Mindfulness

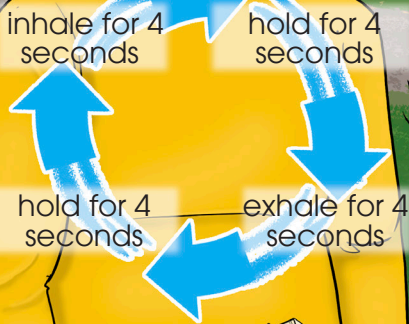
Take time alone
to think
and relax



Focus your mind



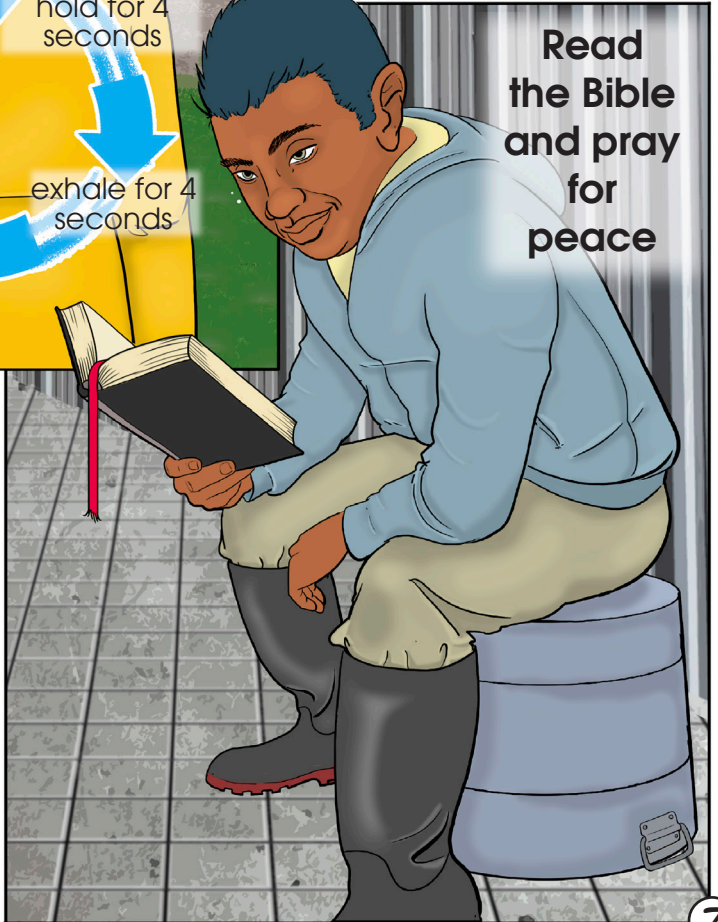
Practice box
breathing:



Express gratitude

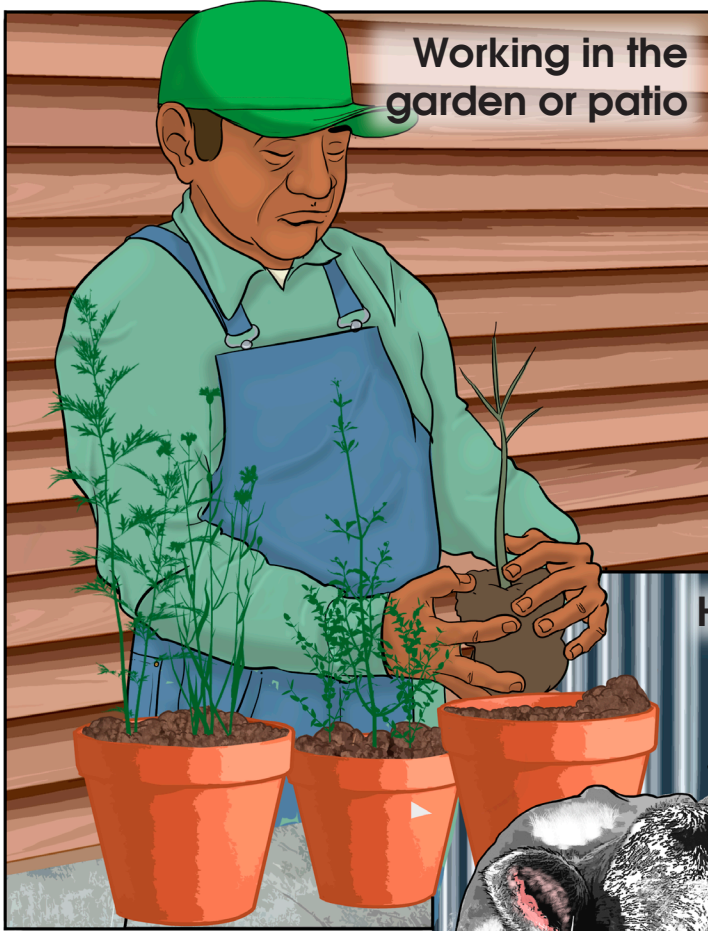


Read
the Bible
and pray
for
peace



Connect with nature

Working in the garden or patio



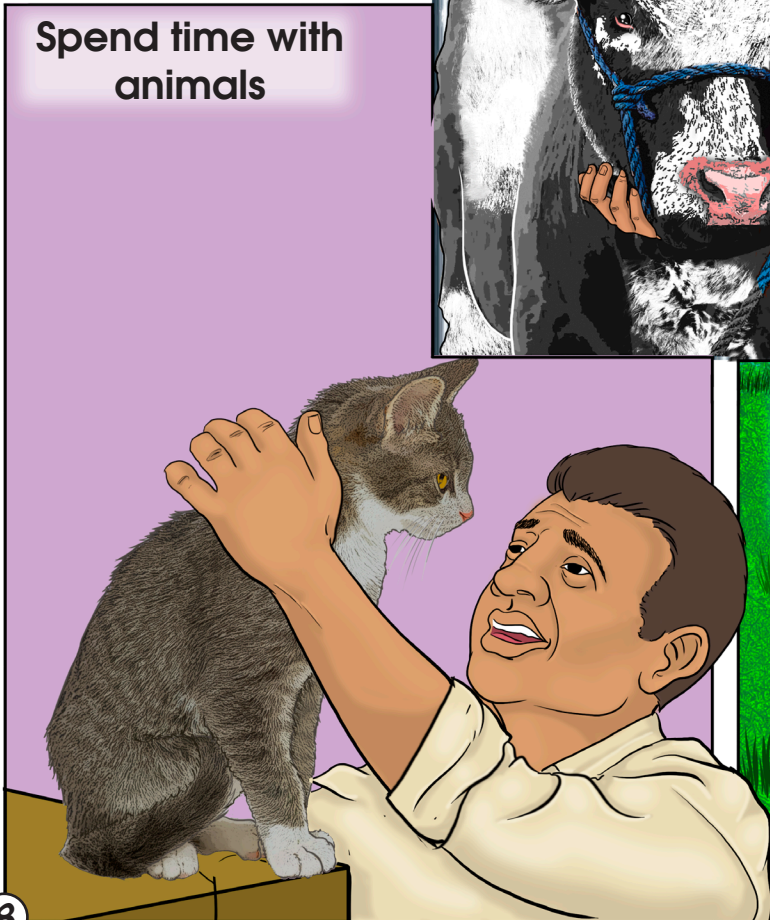
Go for a walk in a park or at the lake



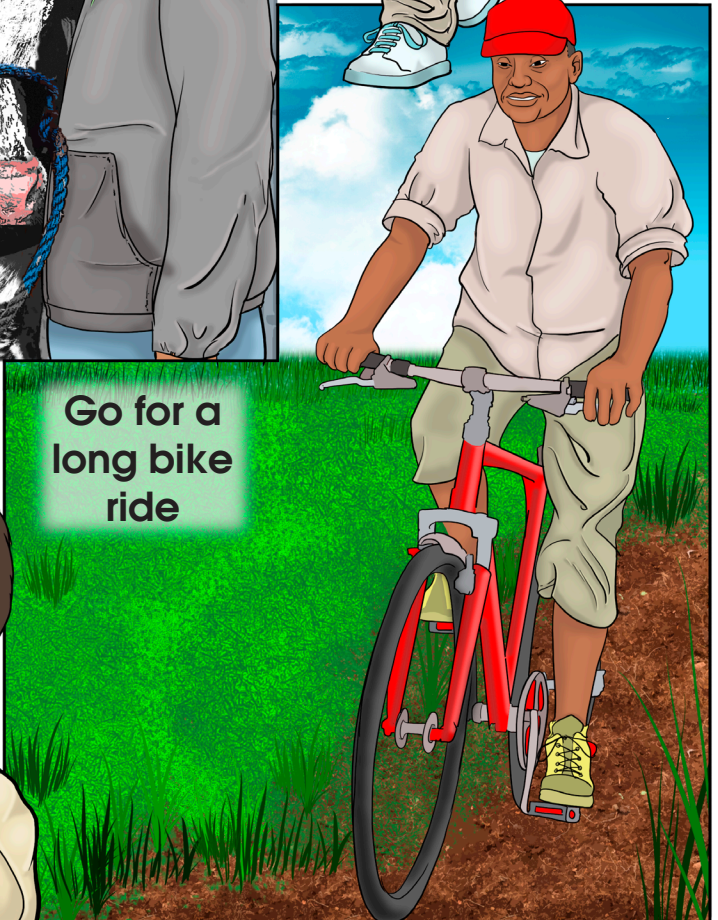
Hug a cow



Spend time with animals



Go for a long bike ride



Taking part in creative activities helps to reduce your stress level. Find an activity that helps you to relax and see things in a more positive light.



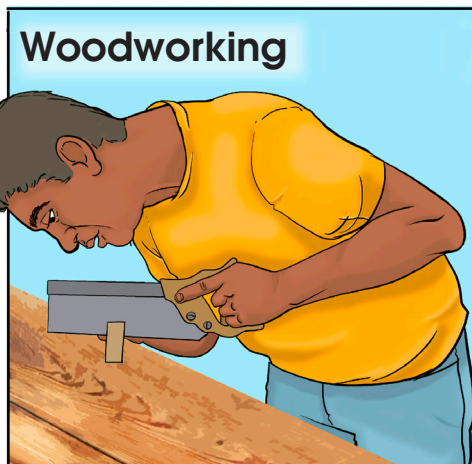
Creativity



Play an instrument or listen to music



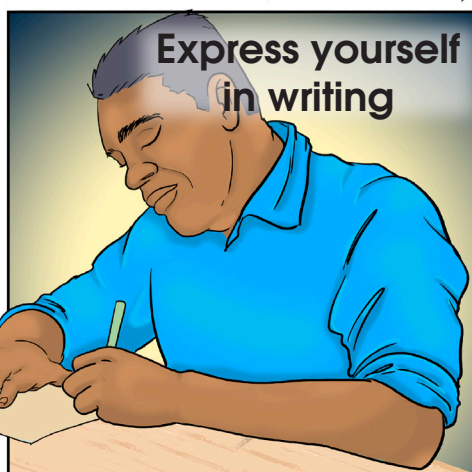
Fix things around the house



Woodworking



Drawing or coloring



Express yourself in writing

Take advantage of the fact that stress can make you feel more lively and energetic in order to tackle daily life. This positive stress doesn't cause adverse health effects. On the other hand, avoid letting situations that cause negative stress overwhelm you.



Frustration
Fear
Physical pain
Emotional pain
Low self-esteem

Distraction

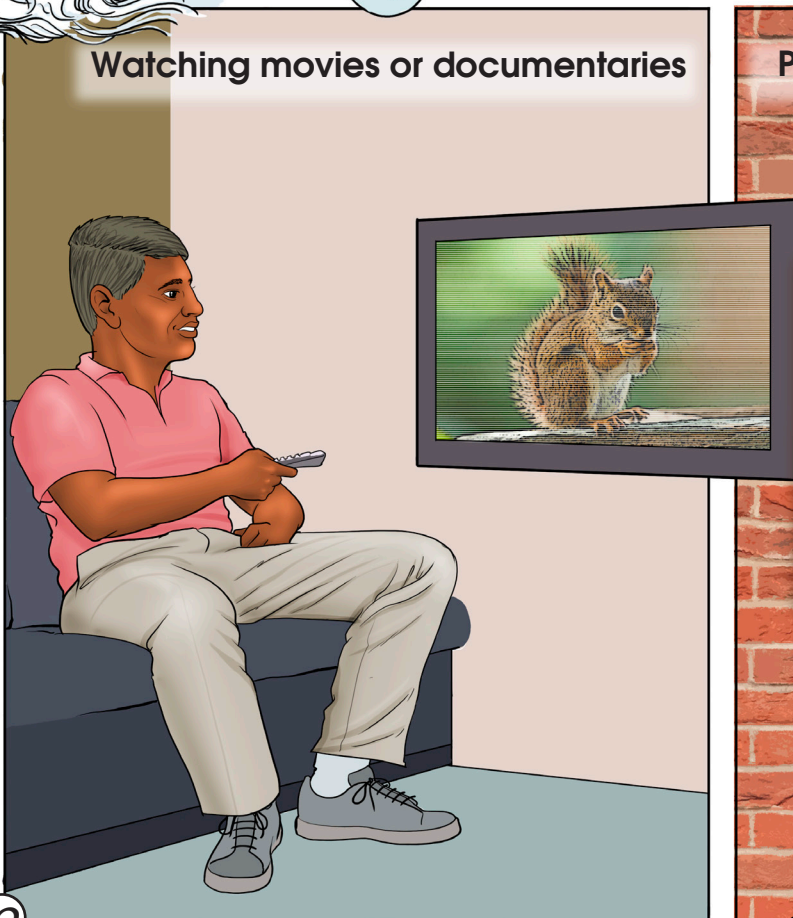
Cleaning the house



Doing laundry



Watching movies or documentaries



Playing video games



There are always things you can do to feel better

Accept what you feel



Improve relationships with those you live with here and now



Build a new world, new friends and acquaintances



Chat with friends, a spiritual guide, or healthcare provider about how you're feeling



Seek out local services from community outreach programs and other non-profit organizations



It feels more comfortable not to take action, but stress can build up. It is better to do something to control it. Stress has a solution!



Stress can help us to take on our problems. We may:

- ✓ Realize that we have resources to deal with our problems
- ✓ Make progress and confront situations that we are worrying about



Friendship
Rest
Diet
Reading
Laughter
Meditation
Exercise

Write down three things that you can do to improve your stress

1.-

2.-

3.-