

6 Tips for Coping with Stress

- 1 GO!** Go to church, to your friend's BBQ, to your family gathering. Do not isolate.
- 2 TALK!** Talk to your spouse, your friend, your preacher. You don't have to do this alone.
- 3 REST UP!** Turn off the TV, stop scrolling, go to bed.
- 4 TAKE CARE!** Take a shower, get a haircut, do the laundry.
- 5 GET MOVING!** Take a walk, shoot some hoops, play a game.
- 6 FUEL YOURSELF!** Fill up on the good stuff; limit the fast food, processed snacks, and alcohol.

**Scan to save the
AgriStress Helpline
to your phone.**



**For more info visit:
FarmLifeHelp.com**



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