



MassGrownWellness Training, Communication and Resource Listings

Steps to Take When Confronted with Farmer Stress

https://drive.google.com/file/d/1rDXBVs-EWIKS3jP_m8EL2xJJTKY5vqQB/view?usp=sharing

How to Regulate When you are Feeling Stressed

<https://drive.google.com/file/d/1HZb3W2gbmciDX92iOWCOu5hFBYgtEg3F/view?usp=sharing>

Managing Farm Family Challenges Resiliently

<https://drive.google.com/file/d/16Gm7FFYUWDWHZcDgQPG82mIHPPXuZ9y9/view?usp=sharing>

De-escalation Strategies

<https://drive.google.com/file/d/1xSGNS4eMB1LxXxOvtMTsz6sHO8qQCjFQ/view?usp=sharing>

Talking with Farmers Practice Guide

<https://drive.google.com/file/d/1r2hPpCRcj9rKJEE1Oh265YINazq5UkrV/view?usp=sharing>

Resiliency Tools Worksheet

https://drive.google.com/file/d/1pXiQCzzMNKHf3vz6g6CqoU2uobz7ov_g/view?usp=sharing

Active Listening Worksheet

<https://docs.google.com/document/d/1jSpj8xKNr-gjDRcf93AhsB0sgapNcbC/edit?usp=sharing&oid=114016207959119089009&rtpof=true&sd=true>

What Is Active Listening

[7 Active Listening Techniques to Practice in Your Daily Conversations](#)

Online Resources for Massachusetts Farmers and Service Providers

Massachusetts Department of Agricultural Resources

<https://www.mass.gov/MassGrownWellness>

FARM FIRST

<https://www.farmfirst.org/>

Building Farm and Family Resilience - University of Delaware

<https://www.udel.edu/academics/colleges/canr/cooperative-extension/personal-economic-development/agribusiness/strengthening-farm-and-farm-family-resilience/>

The Farmer Resource Network is a free search tool that can be used to find organizations and resources that are useful for farmers, agricultural service providers, farmworkers, farm communities and farming families across the United States. Use the dropdown menus and check boxes to easily find what you're looking for. Our media resources include publications, videos, podcasts, training courses and more. This work is supported by the USDA National Institute of Food and Agriculture and Farm And Ranch Stress Assistance Network (FRSAN).
<https://farmerresourcenetwork.force.com/FRN/s/>

Helpful Guides from Cultivemos (FRSAN-NE):

- [Helping Farmers in Financial Crisis](#)
- [A Guide to Preparing for Disaster and Finding Disaster Assistance](#)
- [When Do I Need a Lawyer?](#)
- [Farm Stress and Emotional Well-Being](#)
- [More Resources from Cultivemos](#)

