



FARM STRESS INVENTORY



Read each of the following examples of stressors, and indicate what level of stress this issue has for you by circling the appropriate number.

Low stress - 1 - 2 - 3 - 4 - 5 - High stress

1.	Sudden and significant increase in debt load.	
2.	Significant production loss due to disease or pests.	
3.	Insufficient regular cash flow to meet financial obligations or for daily necessities.	
4.	Delay in planting or harvesting due to weather.	
5.	Media distortions of the farm situation.	
6.	Low commodity prices.	
7.	Significant changes in type or size of farming operation.	
8.	Meeting with a loan officer for an additional loan.	
9.	Purchase of major machinery, facility, land or livestock.	
10.	Not being considered as part of the farm business by others.	
11.	Taking an off-the-farm job to meet expenses.	
12.	Prolonged bad weather.	
13.	Problems with weeds or insects.	
14.	Machinery breakdown at a critical time.	
15.	Not enough time to spend with spouse.	
16.	Crop loss due to weather, hail, not enough rain, excessive rain, frost, etc.	
17.	Personal illness during planting or harvesting.	
18.	Deciding when to sell.	
19.	Rising expenses.	
20.	Government policies and regulations	
21.	Concerns about the continued financial viability of the farm.	
22.	Having a loan request turned down.	



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23.	Farming-related accident.	
24.	Government "free trade" policies.	
25.	Government "cheap food" policies.	
26.	Metric conversion.	
27.	Breeding or reproductive difficulties with livestock.	
28.	No farm help or loss of help when needed.	
29.	Need to learn and adjust to new government regulations and policies.	
30.	Spouse doesn't have enough time to help with child rearing.	
31.	Increased work load at peak times.	
32.	Unplanned interruptions.	
33.	Use of hazardous chemicals on the farm.	
34.	Dealing with salespeople.	
35.	Long work hours.	
36.	Few vacations away from the farm.	
37.	Concerns or worries about the unpredictability of the weather.	
38.	Feeling isolated on the farm.	
39.	Having to travel long distances for services, shopping and health care.	
40.	Pressures in having too much to do in too little time.	
41.	Keeping up with new technology and products.	
42.	Worrying about market conditions.	
43.	Having to make decisions without all the necessary information.	
44.	Being expected to work on the farm and manage the house and family.	
45.	Worrying about owing money.	
46.	Worrying about keeping the farm in the family.	
47.	Not seeing enough people.	
48.	Not having enough money or time for entertainment /recreation.	
49.	Death of a parent or member of immediate family.	
50.	Death of a friend.	
51.	Problems in balancing work and family responsibilities.	
52.	Problems in farm operating agreement with relatives.	
53.	Divorce or marital separation.	
54.	Problems with a partnership	
55.	Daughter or son leaving home.	
56.	Trouble with parents or in-laws.	
57.	Conflict with spouse over spending priorities.	
58.	Major decisions being made without my knowledge or input.	



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59.	Having to wear too many hats (e.g. farmer, spouse, father, mother housekeeper, business person, etc.)	
60.	Surface-rights negotiations.	
Other recent events which have had an impact on your life. List and rate.		
61.		
62.		
63.		
64.		

This Farm Stress Inventory was created by James & Lilly Walker - and was taken from a July 1995 Newsletter from the Centre for Agricultural Medicine - University of Saskatchewan. Activity #2 - Identifying Common Farm Related Stressors



Let's look at YOUR RESULTS



If your answers are mostly 4 or 5:

It is important for you to learn to manage your stress. You've gone through difficult times successfully, but living with long-term stress is very demanding. Remember that there are people to listen to you and who will help you find ways to deal with the situations you're living through.

If your answers are mostly 3:

Focus on your stress management strengths. Continue to develop your abilities. Establish goals that will allow you to control situations in your farm. The abilities you use and those you will develop will help you deal with situations instinctively.

If your answers are mostly 1 or 2:

You possess abilities that help you deal with stress. Share them with others. Farming will continue to stimulate you. You should continue to communicate, to prioritize daily tasks and to provide support to members of your family, your friends, and members of the community who are going through difficult times.



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Once you have completed the Farm Stress Inventory, take a few minutes and using the space below, write down the five most stressful situations for you.

1.

2.

3.

4.

5.

Once you have had a chance to complete your list, you will be invited to "partner up" with one of your workshop participants to briefly discuss the stressors. Did you identify similar things ? Were there any differences in your perceptions ?



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