

FEELING STRESSED? NEED TO MAKE REPAIRS?



Sometimes, your tractor will start throwing codes and warning you of engine troubles. Your body, mind or feelings can also send “check engine” signals, meaning you need to slow down and check things out.

We are here to help. Find support and resources today.

Farming and ranching are stressful. Stress can build up and take a heavy toll on you and your family.

NDSU Extension is a partner to help you access resources, find support and reduce stress. Your health matters.

Access NDSU Extension farm stress resources today! They will help with the following:

- **Learning how to check your own warning codes**
- **Understanding stress and how to reduce it**
- **Taking action steps to improve your health**
- **Connecting with resources to build your resilience and support**



Follow the link, scan the QR code or contact your local Extension county office for NDSU Extension farm stress resources.

www.ag.ndsu.edu/farmstress

If you or someone you know is feeling overly stressed, do not ignore it — seek help. Call or text **9-8-8 (988 Suicide and Crisis Lifeline)**, or chat **<https://988lifeline.org/>**, available 24/7.

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