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The Most Wonderful Time of the Year...

While agriculture *never* really stops, there are times of the year when things at least slow down a little. I hope this fall can be that 'most wonderful time of the year' for you. Harvest is mostly complete with another crop in the bin. With any luck, chores aren't taking the time they most certainly will later on. Hopefully, you can take a deep breath, and actually exhale with some degree of relaxation.

Unfortunately, sometimes that's not the way it works. There's still work to do outside – with less time to do it in - and finances to get in order by year's end. Even though they're enjoyable, holidays can add stress as well. With that in mind, I hope and pray you are headed into the Thanksgiving holiday with a light heart and good spirits, but if you're not, keep in mind two things: you aren't alone and there are resources to help.

I'm not an expert. I'm not a counselor. I don't have a perfect understanding of what your individual situation or stress might be. What I can say, however, is taking care of your *own* health and well-being is as important as those decisions you are making to keep your ag enterprise running as it should – and it deserves your attention. What that might look like is different for everyone. Maybe it's a conversation with a friend. Maybe it's sharing with family. Maybe it's a visit with a trusted clergy or counselor.

Maybe you don't know where to start at all – and that's okay. One first step might be a Kansas Agrability Project publication tailored toward agriculture: *Managing Stress: Tips and Resources* (available via District Offices or <https://bookstore.ksre.ksu.edu/pubs/MF3568.pdf>). It provides a few quick tips to get you started plus numerous other resources as well, including the wide array of topics at: <https://www.kansasagstress.org/> . Whether completely overwhelmed, or just facing seasonal doldrums, these resources are designed with the ag producer in mind.

Need help to get started? Drop me a line. I don't have all the answers, but I bet we can find someone to help *you* help *you* – and that's a great place to start. Happy Thanksgiving!