



Herding up connections: Livestock Farmer Nicola Wordie stocks her wellbeing bank

Aberdeenshire Farmer Nicola Wordie has thrown her weight behind Farmstrong, speaking out about the importance of connecting with others during tough times.

Nicola, aged 26, who, together with her family, farms around 1400 acres near Huntly, has had a whirlwind few years.

In 2021, she set up her own Facebook, Instagram and YouTube accounts - Livestock_FarmHER - and has since built-up thousands of followers.

She says the support and network from her social media followers has helped her through personal challenges and is using this platform to encourage other farmers and crofters to reach out to wellbeing organisation Farmstrong, especially with it being such a busy time for many with lambing and calving.

"Sharing life on the farm through social media gives the public direct access from their phone and from the comfort of their home. I post everything, the good and the bad," says Nicola.

"Opening up about the little things that make you feel like it's all going wrong and you're doing a bad job gives others a safe space to share their experiences too.

When people get in touch to say they are having a bad day, it's reassuring to know we are going through similar situations - lightening the load and even flipping it over into humour.

"I have always thrived from connecting with others. As a member of Strathbogie Young Farmers, I have met like-minded and life-long friends that I still lean on today."

Livestock is Nicola's passion, farming 240 suckler cows and around 1,000 breeding sheep.

"Growing up I was very lucky to have two amazing parents that gave us the freedom to learn, play and work on the farm. Farming is something I was born in to and has always been a passion of mine," says Nicola.

"At a time when agriculture was receiving some negative misconceptions in the press, I felt it was important to speak up.

Starting the social media was all about sharing the realities of 'everyday farming life' with the wider public and creating awareness about where their food comes from."

It was through the young farmers' club movement that Nicola met her fiancé David, a self-employed shepherd originally from Northern Ireland. He has since moved over to Scotland and in December 2023, they became engaged.

Twelve days after he proposed Nicola's mother, Margo, suddenly passed away.

"Life had gone from being at its very best, to its very worst," recalls Nicola. "We lost a much-loved part of our family and a huge asset to the farming business, and it still requires some getting used to."

Coping with the unexpected loss, had made Nicola even more of an advocate for connecting with others and taking up the help and advice available from organisations such as Farmstrong.

"The past year demonstrates just how important it is to look after your wellbeing," says Nicola. "It has been an asset to have my family to lean on, friends to speak with and my social media - connecting with others - as well as trying to find the time to attend events and get off the farm.



"I really enjoy the gym and aim to go three or four times a week.

Exercise is a great way to boost my mood, increase my energy and provide a release from times when emotions are difficult."

As well as connecting with others and keeping an active routine, Nicola finds passion in her voluntary commitment as a director of the Royal Northern Countryside Initiative (RNCI) - a charity providing free farm visits, speakers and demonstrations for schools throughout the north-east Scotland.

"There are many days over the past year where I haven't wanted to leave the farm," confides Nicola.

"But committing to an organisation like the RNCI encourages you to get away and once you do, you feel better for it.

It is a satisfying feeling to give back to the farming community and help to provide an education."

"I first heard of Farmstrong in 2023 at the Royal Highland Show and really rate the wellbeing resources that provide small, actionable steps that are simple to follow and can be incorporated into life on the farm - no matter how busy you are.

"I regularly stop for five minutes in the day to just take notice of the livestock. Not only to check that they're all happy and healthy, but because it gives me that sense of pride to look at them and think, gosh, that's my hard work paying off."

"I do the same with the lambs. If they're outside playing about in the field, I enjoy taking the time to be proud of what I've achieved.

"I would love to give people a sense of the same feeling and a hands-on approach on the farm, so they can experience the amazing life I get to see every day."

As well as her marriage to David later this year, Nicola has many plans for the future including moving the business forward and developing her social media.

"When life is busy, 'make' the time to sit and enjoy that first cup of tea in the morning," concludes Nicola, adding that with so many busy days in the farming calendar enjoying such small pleasures can make a big difference.

To watch Farmstrong's film with Nicola, head to the [Wellbeing Hub](#) on the Farmstrong website.



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Trio & Tested: Three tried and tested tips from Nicola Wordie on improving her wellbeing:

- "Slow down and take 5-10 minutes during each day to step back and appreciate your small achievements each day - have pride in your work.
- "Stick to a weekly exercise routine and boost your esteem by setting mini goals to work towards - it's you against you."
- "Check in or go out with your friends and meet new people by joining an organisation or attending social events."

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