

Farming and crofting, like many professions, is a job with plenty of challenges and rewards. There's always ups-and-downs.

That's why you've got to look after yourself. Investing in your wellbeing means you will have some to draw on when you are under pressure. It will also make you healthier and more productive on the farm or croft.

International research, and our friends at Farmstrong in New Zealand, have found that people who thrive had five things in common. The key is to use small, but regular improvements, so they become a habit.

It can be as simple as speaking to a friend, noticing the birds, taking time to help a neighbour, listening to a podcast, or leaving the quad bike in the shed and walking to check your livestock.



“ To farm and croft well, you need to live well. And that's where the Five Ways to Wellbeing come in. I've made these steps part of my life, and I encourage you to do the same. ”

John Scott, Farmstrong Scotland Chairman

www.farmstrongscotland.org.uk
hello@farmstrongscotland.org.uk

Farmstrong Scotland is a rural wellbeing programme for the farming and crofting sector, sharing peer-to-peer tips and advice.

Support Farmstrong Scotland.

All donations received by Farmstrong Scotland will be match funded by Movember, pound for pound, up to a maximum of £350,000, thus doubling any donations. For example - if you donate £50, Movember will also contribute £50. Visit our website to find out how you can support Farmstrong Scotland - as an individual or group fundraising or by raising awareness.



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Thanks go to all the supporters of Farmstrong Scotland, including our founding funders:



If you are concerned about yourself or someone else, talk to someone. Contact **your doctor**, **RSABI** (24-hours): 0808 123 4555, **Breathing Space**: 0800 838 587 or **Samaritans**(24-hours): 116 123

Join us and benefit from the

Five Ways
to Wellbeing



Talk & listen,
be there,
feel connected



Remember the
simple things
that give you joy



Your time,
your words,
your presence



Embrace new
experiences, see
opportunities,
surprise yourself



Do what you
can, enjoy
what you do,
move your mood



**Talk & listen,
be there,
feel connected**

1.

Making friends and spending time with your mates makes a big difference to how you feel. Even when life is busy, try and make it a priority. When you do, the rewards will be huge.



Colin Ferguson
Farmer



**Remember the
simple things
that give you joy**

2.

Take notice of the small things in life that make you happy. Each day take a few moments to stop and think about what's most important to you, and what you have that you really appreciate.



Emily Grant
Farmer & Consultant



**Your time,
your words,
your presence**

3.

When you give to others, not only do they benefit, but it also makes you feel a lot happier. Consider the ways you can give back to the people around you, and don't forget about yourself too.



Jock Gibson
Farmer & Butcher



**Embrace new
experiences, see
opportunities,
surprise yourself**

4.

Being curious and learning about all sorts of things on or off the farm will help you farm and craft smarter. At whatever age, learning new things, keeps your thinking open and flexible.



Sally Williams
Farmer



**Do what you
can, enjoy
what you do,
move your mood**

5.

Keeping active is a great way to feel good. Working up a sweat releases endorphins in your system that make you feel fresher and better able to cope with challenges.



John Scott
Farmer

