

## Helping Farmers Manage Stress

This is a confidential survey to help Extension develop more effective programs to help farmers in Georgia manage their stress. It is totally voluntary. All responses will be confidential and reported in the aggregate.

### What will *motivate* farmers to do stress management behaviors?

- Hearing about other's positive experience
- Learning more about stress and what it does to you
- Having a financial crisis
- Incentives (like money)
- Getting support from family
- A health crisis
- Having easy access to information
- Hearing about it from other farmers
- Knowing everything is confidential
- A family member health crisis
- Hearing about it from your doctor
- Having it tied in with other agriculture topics
- Other (specify) \_\_\_\_\_

### What are *barriers* to a farmer doing stress management behaviors?

- Time
- Personality
- Feeling embarrassed
- Peer judgment or stigma
- Work responsibilities
- Expense
- Pride, not wanting to admit that under stress
- Not being comfortable talking about feelings
- Lack of knowledge about helpful services
- Other (specify) \_\_\_\_\_

### A little about you

Gender:  Male  Female  Prefer not to answer

Age: \_\_\_\_\_

Race:  White  Black  Other  Prefer not to answer

Ethnicity:  Non-Hispanic  Hispanic  Prefer not to answer