



FarmSalus Resources

RESOURCES FOR RURAL PROFESSIONALS
AND FARMERS



Acknowledgements

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Authored by Nature Positive in collaboration with Beef + Lamb New Zealand

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FarmSalus Resources

FarmSalus is a set of resources designed to be used by rural professionals when talking to farmers about farm resilience and how the farmer's own health and wellbeing is related to this.

FarmSalus was created after consultation with hill country farmers and rural professionals. The printable resources are intended to provide a simple overview of the whole farm system and prompt discussions about farmer health and wellbeing and their own specific farming context.

The FarmSalus resources are:

1. You, your farm system and keeping it all going

A printable handout to explain the concepts of farm system, farm resilience and how farmer health relates to this.

2. Taking stock

A short introductory exercise that opens up conversations and allows the facilitator to gauge where the pressure points are in the farm system.

3. FarmSalus Evaluation

An overview sheet and four sets of questions that prompt the farmer to reflect on the individual components of their farm system and how this is impacting on their health and wellbeing. The four resources can be used together or as individual evaluations. They are:

- Your business
- Your farm environment
- Your support networks
- Healthy you

4. Best Foot Forward

A reflection sheet that provides a chance for farmers to summarise their thoughts relating to their farm's resilience and identify any areas that need change or investment. It can be completed as a written exercise or simply used as a conversation prompt for facilitators.

5. Where to go for more support

A list of contact details for organisations that can provide more support for farmer health and wellbeing.

This kit does not provide resources or guidance of how to be an effective facilitator. If you require more information on this, have a look at the *Working with Wellbeing* booklet or, for general facilitator tips, see *Extension Best Practice Guidelines - Becoming an effective facilitator*. The Red Meat Profit Partnership/B+LNZ-developed "*Extension Best Practice Guidelines - Becoming an effective facilitator*" module on the NZIPIM website www.nzipim.co.nz.



Farmer Handout 1

You, your farm system and keeping it all going

What is farm resilience?

We often hear about farm resilience, but what does that actually mean? Through research where farmers just like you were asked this question, we learned that for many, farm resilience can be thought of as the ability to be prepared for and be able to bounce back from extreme and unexpected events. This also includes being ready for the unexpected and having the ability to cope with changes and challenges as they come up.

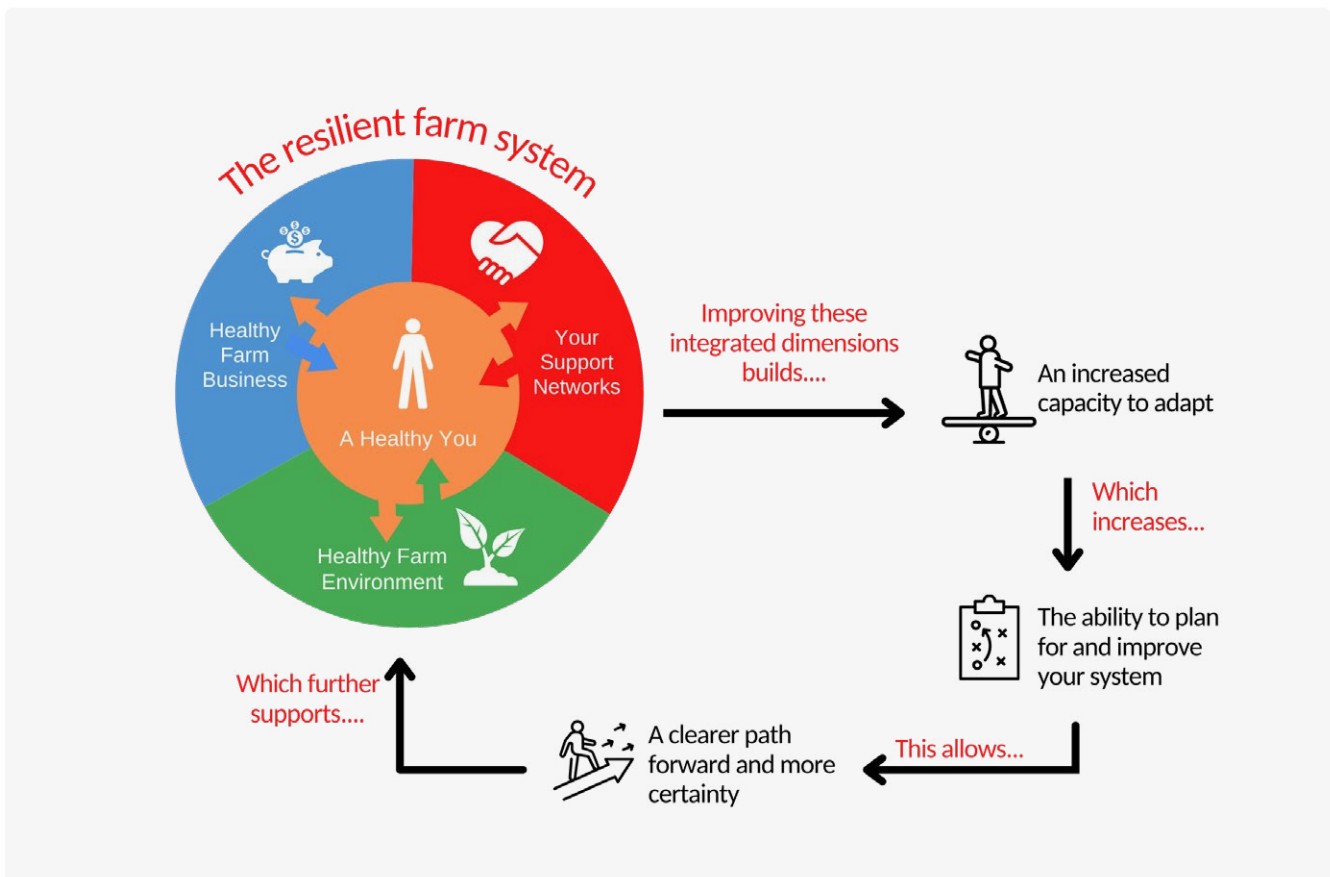
How can I increase the resilience on my farm?

Each farm is different, and your own context is important. There is no one size fits all approach to building farm resilience. When thinking of resilience, think about your whole farm system. Within the farm system there is an incredible amount to juggle – farm finances, family life, stock health, staff, contractors, suppliers, the list goes on.

Keeping a farm system in balance increases the resilience

To make thinking about a resilient farm system easier, FarmSalus presents it as four interconnected strands: the farm business, the farm environment, the farmer's own health, and the farmer's support networks. When all of these components are strong and working well together, the whole farm system builds resilience, but if too much or too little focus is given to one, other parts of the farm system will be compromised.

For example, if a farmer is focused on production and profit but the stress of making that profit keeps them awake at night then their own personal health and wellbeing is suffering. Or if they are investing heavily in environmental work, but through this, their finances are being exhausted, then their farm business is being pulled down – possibly their wellbeing too. And of course, the reverse can be true – if the business is going well the farmer can feel good about this and perhaps also have time and capital to invest on other parts of the farm.



Farmer Handout 2

Taking Stock



A farm system can be viewed as having four parts:



The farm business



The farm environment (includes livestock, water, soil and biodiversity)



The farmer's support networks (includes friends, whānau, and community)

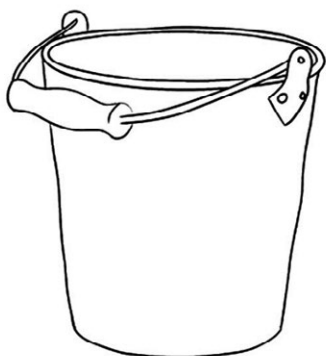


Healthy you: the farmer(s)

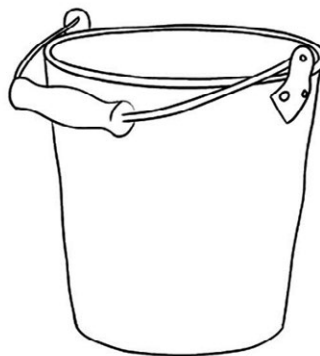
When all four of these dimensions are healthy, strong, and working well together, the whole farm system builds resilience, but if too much or too little focus is given to one of them, other parts of your system will be compromised.

Where do you invest your energy?

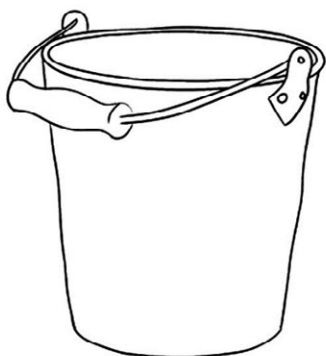
Each of the four buckets below represent one of the dimensions of a resilient farm system. Fill in each bucket to represent how much time you spend thinking about each component. If you could only make one investment of time and energy, where would it be?



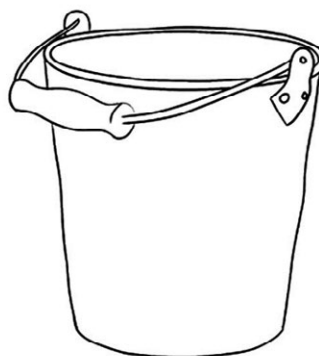
My farm business



My farm animals and environment



My health and wellbeing



My support networks



Mark on the scale where you would rate yourself for each measurement

Cost of regulation

I have no concerns about the costs of regulation, it's part of our business as usual.

I'm concerned about the costs of regulation and the impact on our farm business.

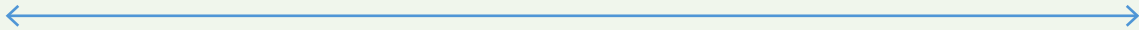


Personal risk profile

(how much risk are you comfortable having?)

I am comfortable taking on more risk with my farm business, walking close to the edge does not bother me.

I prefer to play it safe and take less risks with my farm business.



Current business risk

(how much risk are you living with currently?)

There is low risk in my farm strategy.

There is high risk in my farm strategy.



Coping with the markets

I'm confident that my farm business can soak up market volatility.

I don't know how I will cope with market volatility.



Farm finances

I sleep well, I am content with my finances and feel in control.

Farm finance concerns keep me awake at night.



Being prepared for farm succession

I feel at ease about the future of the farm. I've got an agreed plan in place for the next generation / next step.

I feel uneasy about the future of the farm. It's really hard to deal with and talk about.



Adaption and change

I feel open to making changes - it's part of the natural way of things.

I am comfortable with the status quo. I have no need to make change.



Overall, how are you feeling about your farm business?

100 % happy.
Content, proud.

Very worried.
Things are not good at all.



What else about the business impacts your wellbeing?

How is this impacting you?



Your animals

I'm very proud of our animals, they're doing as well as they could be.

There's room for improvement, my animals aren't doing as well as they could be.



Preparedness for increasing weather variability

I feel prepared and comfortable with how the farm and animals will cope with changes in weather.

I am very concerned about how the farm will be affected with variability in the weather and seasons.



Being present in the environment

I frequently pause and appreciate the environment on the farm.

I don't usually pause to appreciate the environment on the farm.



Observing your environment

I believe it's important to observe environmental health and I change my management practices based on what I see.

Environmental health doesn't really influence my farm practices.



Environmental work and planning

My journey towards making environmental improvements is well underway. This is part of how we farm and is a high priority here.

This is not really a priority here, my journey towards making environmental improvements has not started.



Overall, how are you feeling about your farm environment and animals?

Life's good. The way I farm suits me well. The farm is going well and I'm going well.

How I'm farming now doesn't really suit me. There's a lot I want to change.



What else about your farm environment is important to you?

How is this impacting you?

Physical health

I'm feeling fit, healthy and pain free.

My physical health is holding me back.



Energy and motivation

I feel rested and energetic.

I feel fatigued and lethargic.



Feeling understood and valued

I am feeling understood/ people totally understand me/us/farming.

I am feeling misunderstood/ people don't understand me/us/farming.



Stress and worry

My stress and worry levels feel healthy. I can deal with stress in a healthy way and move on.

My stress and worry feel unhealthy. It is impacting my health, thoughts, relationships, and sleep.



Enjoyment

I have so much to look forward to, I have a huge sense of enjoyment and fun.

I have nothing to look forward to, my sense of enjoyment and fun is zero.



Connected

I'm actively social and feeling connected.

I feel pretty unsocial and isolated.



Future outlook

I am feeling full of hope, the future is looking great.

I am feeling hopeless, the future is bleak.



Decision making

I feel in control, I know my priorities and make decisions efficiently.

I'm unsure. It's hard to know what to do next.



Overall, how are you tracking?

I'm going great!

If I'm honest, things are not too good.



What else is top of mind for you right now?



FarmSalus Evaluation: Your Support Networks

Mark on the scale where you would rate yourself for each measurement

Trusted information

I know where to go to find suitable and trusted information that will support my goals and aspirations on the farm.

I'm sceptical about a lot of information that is supposed to help me. It's hard to find trusted information - it's hard to know where to look.



Trusted partners

I've got really robust relationships with trusted people who support my best interests on the farm.

I don't really trust the people who are paid to support me - it's really hard to find trusted partners.



Community

My community is cohesive and flourishing.

My community is fragmented and in a state of decline.



Society

I'm confident that what society wants and how we farm is well understood and supported by society.

I feel like there is a lot of misunderstanding of what we are doing by society. I wish there was better understanding about what we are doing.



Overall how are things going with your support networks? (friends/whanau/community)

No concerns at all about having support for me and my farming. My support team is exceptional.

I feel like I've got to go it alone, I don't have anyone on farm who I can rely on for help.



What else about your community and support networks is important to you?

How is this impacting you?

Farmer Handout 4

Best foot forward

The FarmSalus process asked you to notice how you are tracking on different dimensions of your farm system. This next exercise asks you to think more closely about any areas that you want to improve.

1. Are there parts of your farm system (including your own wellbeing) that are a priority for you to improve? Why is this important to you?

2. What would be a good outcome? What would make it better?

3. What is getting in the way and preventing this from happening?

4. How much is in your control to change? Can you shift something to make a change?

5. What would be the first step towards making this change? Who or what do you need to help you?

Where to go for more support

It's always okay to ask for more support. If you need to talk to someone, or someone you know needs help, these resources might assist.

Level 1: Self-care and helping others	
FarmStrong	www.farmstrong.co.nz <i>for wellbeing tips</i>
Will to Live Rural Change	www.willtolivenz.com/i-want-help <i>to apply for funded support</i>
Rural Support Trust	www.rural-support.org.nz <i>Rural people helping rural people</i>
Māori Health Providers	www.health.govt.nz/your-health/services-and-support/health-care-services/maori-health-provider-directory
Te Whatu Ora Keeping well	www.tewhatauora.govt.nz/keeping-well
Men's Health	www.menshealthtrust.co.nz
Mental Health Foundation	www.mentalhealth.org.nz <i>for information about working toward recovery</i>

Level 2: Professional care – but it's not an emergency		
1713 to talk to a trained counsellor for free	1737 - call or text 24/7	www.1737.org.nz
Depression Helpline	0800 111 757 or free text 4202 - 24/7	www.depression.org.nz
LifeLine	0800 LIFELINE (0800 543 354) or free text HELP (4357) - 24/7	www.lifeline.org.nz
Youthline	0800 376 633 or free text 234	www.youthline.co.nz
Outline for rainbow specialist counselling	0800 OUTLINE (or 0800 688 5463) 6-9pm	www.outline.org.nz
Alcohol Drug Helpline	0800 787 797 10am-10pm	www.alcoholdrughelp.org.nz
Gambling Helpline	0800 654 655 or free text 8006 -24/7	www.gamblinghelpline.co.nz
Women's refuge crisis line for women living with family violence	0800 REFUG (or 0800 733 843)	www.womensrefuge.org.nz

Level 3: It's an emergency - anyone is in a crisis or immediate physical danger		
Who	Telephone	Website
Emergency Services	111 or go to your nearest hospital emergency department	
Suicide crisis helpline	0508 828 865 - 24/7	
Local DHB Mental Health Crisis Team	Call the crisis assessment team for your area or call Healthline 0800 611 116	www.health.govt.nz/your-health/services-and-support/health-care-services/mental-health-services/crisis-assessment-teams

