

Check Yourself

There are some things we can look out for ourselves that can be a sign of trouble elsewhere in our bodies. Keep an eye out and if you notice any of these symptoms, make an appointment to see your doctor:

- Peeing problems
- Blood in your poo
- Erection problems
- Lumps in your balls
- Muscle & back pain
- Growing or bleeding moles & spots
- Increased drug & alcohol use

HAVE A CHECK UP

We know the importance of maintaining farm equipment and vehicles regularly – we need to do the same for ourselves. Visit your doctor annually to get your cholesterol and blood pressure checked, even if you feel you are in top health. To find your nearest doctor go to healthpoint.co.nz.

USEFUL CONTACTS

Advice and support for rural communities
rural-support.org.nz, 0800 787 254

Find a doctor
healthpoint.co.nz

Ideas for improving your health and wellbeing
farmstrong.co.nz

Telephone counselling 24/7
lifeline.org.nz, 0800 543 354

Get help for depression
depression.org.nz, 0800 111 757

Suicide crisis helpline 24/7
0508 82 88 65



#MenStartTalking

About Us

Men's Health Trust NZ was established in 2007 as a national charity. Our purpose is to inspire men to make positive and rewarding lifestyle choices. We do this by providing information and education programmes that encourage and promote good health.

Contact Us

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[@menshealthnz](https://twitter.com/menshealthnz)

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Men's Health Rural Men

www.menshealthnz.org.nz

Remember to look after the most important piece of farm equipment - YOU!

Managing people, land, production, finances, juggling time with the family, working long days in unpredictable weather - it's easy to forget to look after ourselves.

Farming is tough. It can be both physically and emotionally demanding, so becoming unwell, or being unfit for work is just not an option. Here are some ideas to keep you in top condition year round.

Stay Well

STAY HYDRATED

Many of us don't drink enough water, which can result in headaches and cause damage to our kidneys and heart. Have a glass of water first thing in the morning, and carry a water bottle on farm. Stay away from sugary drinks like fruit juice and fizz.

GET OFF YOUR QUAD BIKE

Advances in farming equipment mean we get less exercise than we used to. Make an effort to make an effort – get off your bike to open gates. More time on your feet exercises your hip joints and strengthens your actual quads.

BE SUN SMART

Getting sunburnt is the number one cause of skin cancers. Wear sunscreen and a hat and dark glasses whenever the sun is out and stop to re-apply sunscreen during the day.

EAT WELL

Our bodies energy needs change through the farming seasons so adjust your diet to avoid gradual weight gain and rapid weight loss.

REST WELL

Aim to get eight hours sleep a night. Set yourself a routine and have an hour of downtime before bed. Write down your to-do list for the next day to get it off your mind, and get up ten minutes earlier to review and plan your day.



Reduce Your Stress

Getting momentum to keep the farm going day after day, prioritising work and decision making are all harder if you are operating with a high level of stress. But reducing that stress is easier said than done, right? Here are some ideas:

GET OFF THE FARM

When we go for long stretches without getting off the farm, it can take its toll. Decision making gets harder, we can get overwhelmed and become less logical and more emotional. Getting away and being with other people can recharge our batteries and help give us perspective. If you can't get away for a few days, even a few hours a week doing something you enjoy off the farm can help.

KEEP A WORK DIARY

Write down what you need to do and also what you have achieved. It's motivating to read over what we've done right.

START TALKING

When things are not going well, we can be too embarrassed about our decisions or the situation we are in to want to talk about them. It's good to talk about what's going on with the farm and how we're feeling. Talk to your partner, your friends, or others in your community. Getting it out in the open can lift a weight off your shoulders.

If you are after confidential advice on farming matters, assistance with emergency planning, financial help, or just need help getting on track, contact your local Rural Support Trust on 0800 787 254 or go to rural-support.org.nz.