

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.

Make physical activity a habit – at least 30 minutes of movement a day. It could be as simple as leaving the quad at home and walking to the shed.

Being fit is a priority for me but regular exercise is not just for professional athletes. It really is a game-breaker in lifting your mood, and keeping your physical health in better shape too.



To farm well, you need to live well.  
And that's where the Big 5 come in.  
I've made these things part of my life,  
and I encourage you to do the same.



Find out what  
works for you  
then lock it in.

Sam Whitelock  
Farmstrong Ambassador

Farmstrong is a rural wellness  
programme sharing farmer-to-farmer  
tips and advice *Find out more at*  
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**FARMSTRONG**  
Live Well Farm Well

Join me and  
lock in the  
**BIG 5**



**Farming, like professional rugby, 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.

International research found that people who thrive had five things in common. I call them the Big 5 and they've made a huge difference to my life and wellbeing.

The key is to lock them in as small but regular improvements so they become a habit.

1

Developing friendships and spending time with your mates makes a big difference to how you feel. Even in a busy life, you should try and make it a priority.

When you do, the rewards are huge. Having a good circle of friends has lots of benefits including reducing stress and even lowering your risk of heart disease. Of course, friends also provide you with happiness and can help you perform better in life and business too.

2

Taking notice of the small things in life that make you happy makes a big difference. We all get busy and our minds get cluttered with all kinds of stuff. Paying attention to the world around you, even for a few moments, can help you feel calm and relaxed. 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.

3

When you give to others, not only do they benefit, but it makes you feel a lot happier too. There are lots of ways you can give. It may be spending some one-on-one time with your kids or supporting an employee who is having a tough time. It may be offering to feed your neighbours dogs so they can have time off or helping someone who needs a hand.

And remember sometimes you have to give to yourself – like having a break or going easy on yourself.

4

As a professional sportsman, learning keeps me fresh and creative. Farming is the same. Being curious and learning about all sorts of things on or off the farm will help you farm smarter. At whatever age, setting goals to learn new skills is good for your brain and keeps your thinking flexible and open.



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

