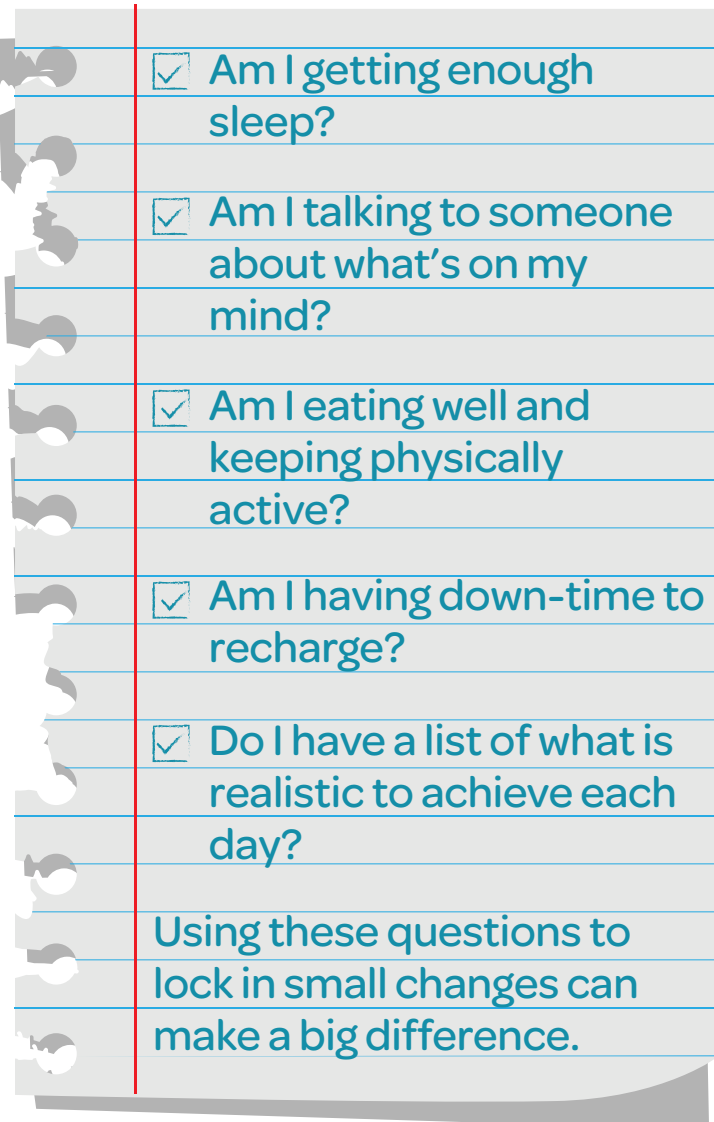


# Under the pump?

Here are some questions that can help you get through.



☒ Am I getting enough sleep?

☒ Am I talking to someone about what's on my mind?

☒ Am I eating well and keeping physically active?

☒ Am I having down-time to recharge?

☒ Do I have a list of what is realistic to achieve each day?

Using these questions to lock in small changes can make a big difference.



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