

Farming women on their wellbeing

This infographic shows results from the 2018 farming women on their wellbeing research. There were **786** completed surveys and **26** in-depth interviews.

WHO COMPLETED THE FARMING WOMEN'S SURVEY?

60% sheep/beef farmers, **47%** dairy farming and **22%** other (some were in more than one category).

54% 'worked most of the time on the farm or in the farming business', **30%** 'some of the time' **14%** 'a little', **2%** none.

41% were under 35 years, **48%** 35 to 54, **12%** over 55.

38% were farm owners, **13%** part owners, **14%** share milkers or contract milkers, **15%** managers or assistant managers, **10%** farm workers, **10%** others.

“Farming is a challenging but such a rewarding industry.”

“You never finish what you want to get done... some days I have a melt-down – but only to myself – cos no one else is listening.”

WHAT DID WE FIND OUT?

The **TOP SIX ISSUES** that ranked as having 'large' or greater negative impact were:

- **My workload/ fitting everything in** **40%**
- **Feeling fatigued/ exhausted** **34%**
- **Not enough time for myself** **32%**
- **Lack of sleep or poor quality sleep** **32%**
- **Not enough time off the farm** (either by myself or with family) **29%**
- **Challenges with important relationships** (i.e. husband/ partner, parents, in-laws, farm owner, workers) **27%**

The group reporting the highest levels of reduced wellbeing were women working full-time as sharemilkers/contract milkers.

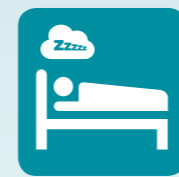
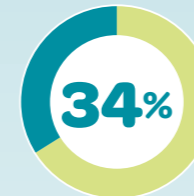
“Calving is hell if you're not fit for it.”

“My biggest thing is having tools... How do I teach my brain not to go into negative mode.”

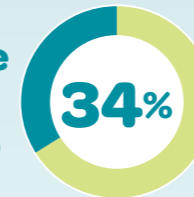
THE TOP SIX THINGS that women saw as contributing most to an improvement in their wellbeing were:



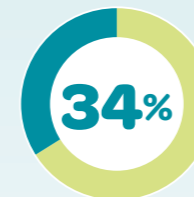
Getting more exercise



Getting more or better quality sleep



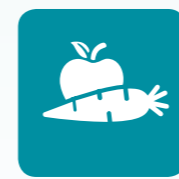
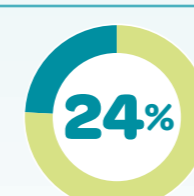
More time off the farm



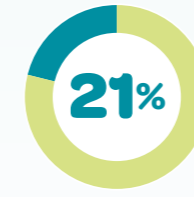
More time for myself



Having my role and contribution valued more



Eating healthier



When provided with a list of topics, the **TOP SIX** that women rated as having 'high' interest in were:

- **Nutrition** **26%**
- **Exercise** **25%**
- **Self-confidence, self worth, self compassion** **24%**
- **Thinking strategies to deal with ups and downs** **22%**
- **Happiness** **22%**
- **Mindfulness and relaxation techniques** **21%**

“(I love) seeing animals grow, everything thrive, seeing the business thrive.”

“We tend to think we are the only ones going through difficult times. Sharing our stories is helpful.”

FOR A COPY OF THE REPORT VISIT farmstrong.co.nz/research-insights