

Invest in Your WELLBEING Bank Account



Hugh Norriss, Farmstrong's wellbeing advisor, shares some tips on how to look after your wellbeing, particularly when you're really busy on farm.

The Importance of locking in wellbeing habits

Wellbeing simply means that you feel pretty happy about how life is going, that life is good! The ups and downs of farming means that you can't take your wellbeing for granted. One way of thinking about your wellbeing is like investments in a bank account. If you invest wisely and often, even with little amounts, you get big dividends over time.

As we experience stressful situations and knock-backs in life, our natural supply of wellbeing can get depleted. Think of these like withdrawals from your wellbeing account. If this continues for too long, we could head towards an 'overdraft' situation and experience burnout and depression.

Common withdrawals on your wellbeing

Farmers have shared with us situations that make a dent in their wellbeing such as: having too much to do every day, lack of sleep, compliance obligations, not getting time off the farm, staffing problems, succession worries, financial uncertainty. These situations can lead to emotions like frustration, anxiety, anger, guilt and feeling overwhelmed, which over time can put a strain on our wellbeing.

What you can do to invest in your wellbeing

We can offset these inevitable wellbeing withdrawals by investing in our wellbeing. Examples could be: having regular breaks, prioritising work tasks, not over-committing, minimising contact with very negative people, eat healthy food.

We can also keep topping up our wellbeing with the following good science-based habits.

- **Healthy thinking** – healthy thinking means being able to reframe situations, challenging unhelpful beliefs, getting things in perspective and thinking flexibly.
- **Not comparing** – Not getting caught up in social comparison with neighbours, friends or family, or on social media.
- **Small regular wellbeing habits such as the 5 ways to wellbeing:**
 - Be active – anything that gets you moving is good.
 - Give – small acts of kindness and generosity throughout the day.
 - Keep learning – being curious and learning new things throughout the day.
 - Connect – being around positive people and sharing experiences.
 - Take notice – taking a few moments throughout the day to be grateful for what you have.
- **Quality sleep** – Good quality sleep is an amazing wonder-drug to restore your wellbeing to positive every morning.

Scientific studies show that people with higher levels of wellbeing are more productive, sociable, physically healthy and successful. So, having a healthy wellbeing bank account is a definite win-win situation.

In a busy occupation like farming it's easy to put off your own wellbeing because so much needs to get done. But this is a false economy in the long run, as you are neglecting the most important asset on the farm, you. ■

