

Shed Success

In a day, a shearer burns through the same amount of energy as someone running a marathon. To cope, it's important to prepare and repair your mind and body. Here are some Farmstrong tools and tips to make a day of shearing work for you.

Free mental fitness tools and resources: farmstrong.co.nz
Professional advice for contractors: nzshearing.co.nz

Start

Being well-prepped each day is a great stress-buster. Prioritise the things you can control - your food, your gear, your physical prep and being in the right headspace.

Sleep

Ensure you have the right quality and quantity of sleep before you start work so you can repair and re-energise. Without enough sleep, you won't function at your best.

Support others

If you see someone in your crew struggling, you can help them simply by being a good listener. Offering a friendly ear is a huge help for anyone feeling 'under the pump'.

Sustain

Manage your energy levels carefully throughout the day. Use breaks to recharge not just physically but also mentally. If you're feeling stressed, pause and 'reset' mentally. Give yourself breathing space to think clearly about the actions you need to take.

Socialise

Tap into your wider social networks outside of work. Make sure you have a good support crew to help you unpack your day. Talk things through with family and friends to relieve stress.

Stop

Switch off from work at the end of the day to recover. Set aside quality time for family, friends and hobbies. You'll come back to work feeling fresher and more motivated.