



## How to Regulate When You Are Feeling Stressed

Stress can be defined as **any type of change that causes physical, emotional, or psychological strain**. Stress is your body's response to anything that requires attention or action.

1. Recognize how you are responding.
  2. Identify what is activating the response – learn about your activators.
  3. Body check – how and where is your body reacting? Focus on reducing tension there.  
Try stretching that area.
  4. Mind check – consider the story you are telling yourself – find the truth of the situation.
  5. Realize that your response is a choice.
  6. Take a few deep breaths.
  7. Take a break.
  8. Ask for help.
- Try not to feel bad or guilty about being escalated and instead, concentrate on calming down.
  - Try to focus on one situation or problem at a time. Tell yourself that you will think about the rest of it at another time.
  - If you are having conflict with someone else, try not to focus on who is right or wrong but instead, what you might do moving forward.
  - Think about what went well when self-regulating. Consider what other strategies you might use in the future.



The MassGrown Wellness program is designed and developed to address the specific mental health and wellness needs of the Massachusetts agriculture community and its supporters. Web-based resources, online and in-person peer-based training and outreach to the Massachusetts' agricultural community are provided free of charge to all Massachusetts farmers and those that support them. Learn more at [www.mass.gov/massgrownwellness](http://www.mass.gov/massgrownwellness).



This stress regulation chart was developed by Farm First. Farm First is a public, not-for-profit program jointly sponsored by the Vermont Agency of Agriculture and the Vermont Agency of Human Services' Invest EAP Centers for Wellbeing. Farm First is a public program formed to provide farmers and their families with support, resources, and information to reduce stress. Farm First is not a technical assistance organization but can help connect Vermont farmers to such resources. Learn more at [www.farmfirst.org](http://www.farmfirst.org).