

# Supporting Clients Through the Tough Stages





# Rural Support



**0800 787 254**

# Mental Health

UNWELL

SURVIVING

WELL





# WHAT KEEPS US WELL

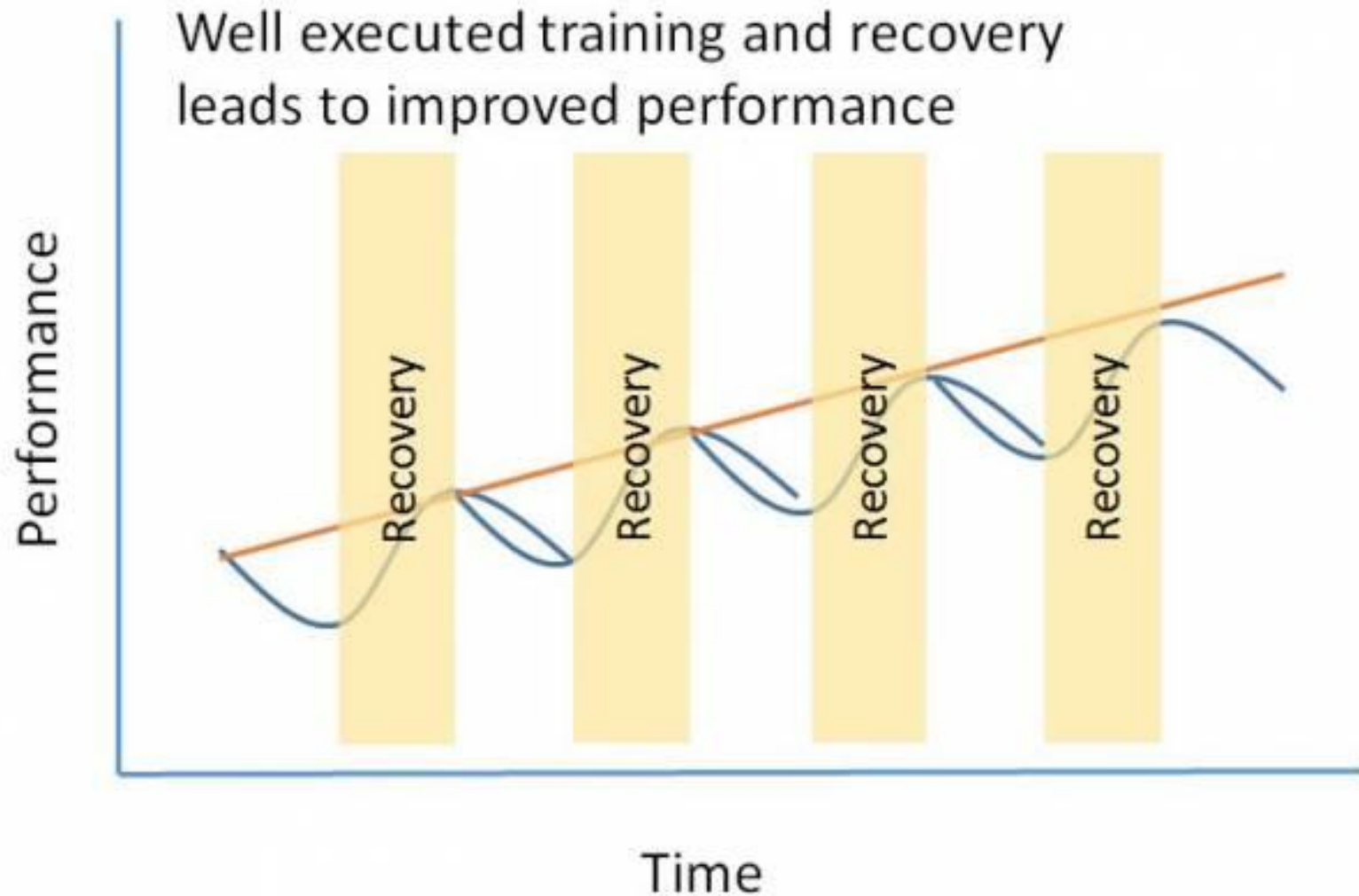


- keeping active and exercising
- Having good connections with friends, partner, family & your community.
- Rest, recovery and recreation
- Learning and have new experiences
- Feeling like we contribute or give back
- Good nutrition: Med diet



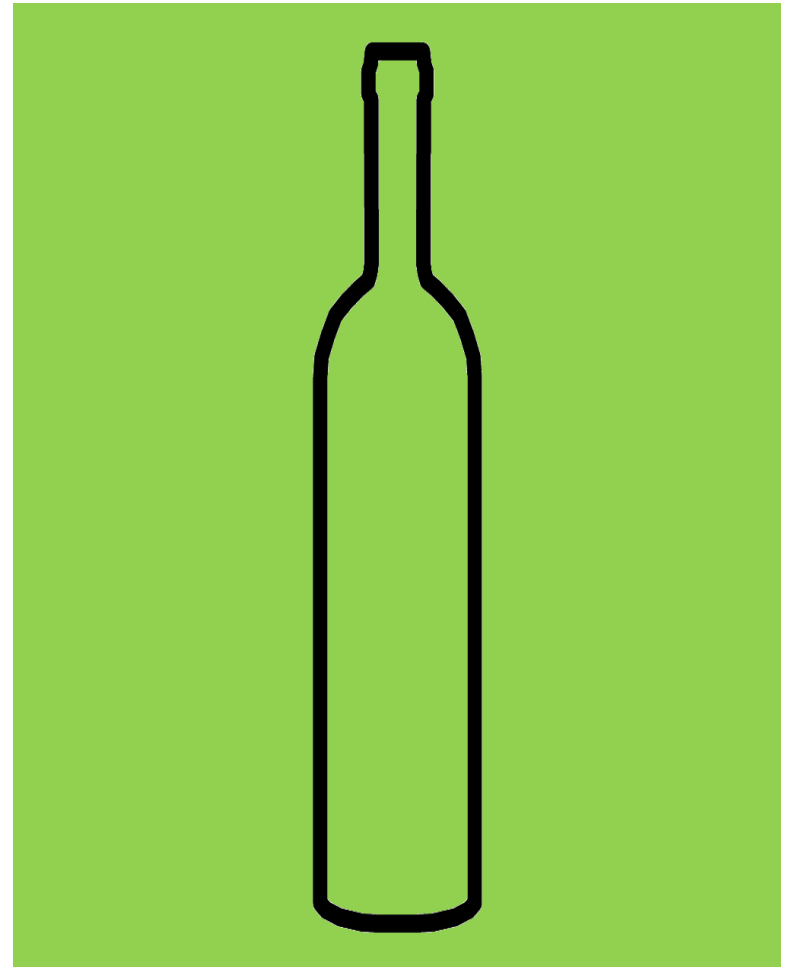
**Sustained stress + no recovery =  
FATIGUE**

# Recovery Periods



## What Helps?

- **Awareness**
- **Making a plan=control**
- **Support & Perspective**
- **Reducing extra demands**
- **Recovery time**
- **Injecting wellness activities**









# The Process

- **Pace changes**
- **Break it down into stages/steps**
- **Basic written plan**
- **Give opportunities for choice & control**
- **Review, keep contact & tweak plan**
- **Involve partner or other support person**
- **Utilise third party help**



# Talking about it

**You don't have to  
be an expert on  
mental health to  
talk about it**

**GoodYarn**

ENABLING FARMING COMMUNITIES  
TO TALK ABOUT MENTAL HEALTH

# How Else Can You Help?



- Connect them to others
- Offer suggestions of other practical support
- Get them out doing activities that help wellness & connecting with others
- Encourage **RECOVERY TIME**
- Arrange to store any guns off property as precaution.
- Seek the advice of others



# Summary and Questions



# Strategies for Engagement

- Normalise the pressures and impact.
- Show the enquiry comes from genuine concern
- Use terms that are non confronting: worn out, fatigue, under the pump, body/mind hitting a wall, overloaded
- Feedback specific changes you have seen.
- Utilise your past experience: seen these signs before.
- Comparison to stock: body condition score.
- Other motivators:
  - production (or loss of)
  - Impact on others

# Starting the Conversation...



“There’s a lot of pressure right now and lots of people are finding it tough, how are you doing?”

“You don’t seem yourself right now, how are things going?”

“You’ve stopped coming out, and seem pretty low at the moment, what’s going on mate?”

“I can see that jobs are piling up and you haven’t been returning my phone calls, I’ve seen that before when people are under the pump, so I am here to see how you are and how I can help?”

“what do you need right now?” “how can I help?”

**NB: Avoid the question...Are you ok?**