

NEWS COLUMN

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Stress Management

This time of the year can be hectic for many of us but with the late harvest that a wet October produced many of us that have ties to agriculture are cranky. My hats off to those of you that are able to handle extra stress levels. Getting rid of stress in one's life is often not possible but properly managing it is.

When we look at someone who is successful or someone that we admire and respect for who they are or what they have accomplished, they are individuals whom at their core are highly adaptive at handling stress successfully. Remember we are all in this together. The following is a list of some things to consider that can help you greatly increase the chances of successfully managing the stress in your life.

- Recognize the causes of stress. Some things can be changed or controlled. Some things cannot/figure out those that can.
- Plan ahead/ Organize/ Prioritize
- Expect the unexpected-plan for it.
- Talk to people who live and work with you. Talking can be very effective and can actually reduce stressful situations.
- Don't be afraid to say "no" to extras.
- Take a break- time out can improve the situation.
- Always keep a sense of humor. Laughter can take the tension out of many situations.

Avoid Carrying Passengers on Tractors

The most dangerous place on your tractor is not in the driver's seat, it's on the fender, inside the cab, holding onto a grab bar or anywhere else a passenger might sit or stand while catching a ride.

Riders are not safe on tractors. They can be bumped off during a rough ride, or crushed, run over or impaled in an overturn or accident. An enclosed cab can't protect passengers, either. There are numerous reports of accidents in which passengers fall out of the cab and are run over by the tractor. Riders also can block the operator's vision or become a distraction.

New-model tractors are designed to protect only the operator, not passengers, when the tractor overturns. Tractor manufacturers and safety experts suggest a "no rider" rule for most farm equipment, especially tractors.

It's best to avoid situations in which others need tractor rides to a field or remote area. If a person needs a ride, use a pick-up or car to take them to the field or work area. Remember that tractors are designed for work, not recreation.