



## **Cultivating Well-Being: A Whole-Life Approach for Agriculture**

*Reduce stress, increase wellness and resiliency!*

This FREE virtual interactive series is designed specifically for people in agriculture—farmers, ranchers, farm workers, agribusiness professionals, and their families—who face unique physical, financial, and emotional demands. Each session explores one of the 8 Dimensions of Wellness, connecting practical strategies to the realities of agricultural life, seasonal stress, and rural communities. Together, the series supports whole-person wellness to help participants build resilience, improve quality of life, and sustain both their livelihoods and their well-being over the long term. Join us for one, some or all sessions.

***Sessions will last one hour and will include discussions on each topic, guest speakers, resources, and interactive opportunities. Sessions will be recorded.***

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### **January 21, 2026 – Session 1: Physical Wellness**

<https://us02web.zoom.us/meeting/register/LaUp6L3MR7uqjbOvUPJu1A>

Physical wellness focuses on caring for your body through movement, nutrition, rest, and preventive health. In agriculture, long hours and physically demanding work make injury prevention, recovery, and sleep especially important. This session emphasizes realistic ways to stay strong, manage fatigue, and protect your body for a long, healthy career.

### **February 18, 2026 – Session 2: Occupational Wellness**

[https://us02web.zoom.us/meeting/register/GGYZUTToS96yWMJMzz\\_ZpQ](https://us02web.zoom.us/meeting/register/GGYZUTToS96yWMJMzz_ZpQ)

Occupational wellness is about satisfaction, balance, and purpose in your work. Agricultural careers often blur the lines between work and personal life, increasing the risk of burnout. This session explores aligning values with work, setting boundaries, and finding fulfillment in agricultural professions.

### **March 18 – Session 3: Financial Wellness**

<https://us02web.zoom.us/meeting/register/bmcFBOcNS1qZpIDtTY7rDQ>

Financial wellness focuses on managing resources, planning for the future, and reducing financial stress. Income variability, debt, and market uncertainty are common challenges in agriculture. This session provides practical strategies for budgeting, planning, and building financial confidence despite uncertainty.

### **April 22 – Session 4: Emotional Wellness**

<https://us02web.zoom.us/meeting/register/fOE6kPUgQm2DfheiXv0k4A>

Emotional wellness involves understanding, expressing, and managing emotions in healthy ways. Agricultural work can bring isolation, uncertainty, and high stress tied to weather, markets, and family responsibilities. This session offers tools to recognize stress, cope with pressure, and build emotional resilience during challenging seasons.

**May-August 2026 – we will host book discussions and Resiliency Circles, dates TBA.**

**September – December 2026 - we will host the final four sessions, dates TBA.**

### **September Session 5: Social Wellness**

Social wellness is about maintaining meaningful relationships and a sense of connection. People in agriculture often work independently or in small teams, which can limit social interaction. This session highlights the importance of support networks, communication, and staying connected to family, peers, and community.

### **October Session 6: Spiritual Wellness**

Spiritual wellness centers on finding purpose, meaning, and values that guide daily life. For many in agriculture, a deep connection to the land, animals, and stewardship plays a central role in this dimension. This session explores ways to reflect, stay grounded, and reconnect with what gives your work and life meaning.

### **November Session 7: Intellectual Wellness**

Intellectual wellness encourages curiosity, learning, and problem-solving. Agriculture constantly evolves with new technology, regulations, and practices, requiring adaptability and lifelong learning. This session focuses on staying mentally engaged, open to new ideas, and confident in decision-making.

### **December Session 8: Environmental Wellness**

Environmental wellness involves creating and maintaining healthy, safe, and supportive surroundings. In agriculture, this includes both the natural environment and the work setting. This session addresses farm and workplace safety, sustainable practices, and how caring for the environment supports personal and community well-being.

This program series is brought to you by The Rural Resiliency Project. Along with the following collaborative program partners, The Cultivating Resiliency Program, Annie's Project, and the Women's Agricultural Leadership Program.