

Managing Drought-Related Stress, Anger, and Depression¹

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What is the situation? A number of trends point to rising stress levels among farm and ranch families.

What resources are available?

Colorado State University Cooperative Extension has a number of research-based Fact Sheets that individuals and families can use to solve problems and deal with drought stress, anger, and depression. (Cf. <http://www.ext.colostate.edu> .)

- Farming and ranching: Health hazard or opportunity (no. 10.201)
- Ranching and farming with family members (no. 10.217)
- Transitions and changes: Who copes well? (no. 10.215)
- Transitions and changes: Practical strategies for making new beginnings (no. 10.214)
- Dealing with our anger (no. 10.236)
- Dealing with others' anger (no. 10.237)
- Dealing with couples' anger (no. 10.238)
- Children's anger and tantrums (no. 10.248)
- Manage anger through family meetings (no. 10.249)
- Youth and suicide (no. 10.213)
- Clinical depression in later life (no. 10.251)
- Suicide in later life (no. 10.252)

What are signs of high stress, anger, and depression levels?

Examine Colorado State University Cooperative Extension web sites regarding signs of stress and depression, counseling resources, and depression resources.

<http://www.ext.colostate.edu/drought/checklist.html>

<http://www.ext.colostate.edu/drought/reslist.html>

Other universities also have quality web sites related to disaster, controlling stress, emotional health, helping your child, on getting support from family and friends, etc.

<http://disaster.ifas.ufl.edu/chap20.htm>

1-800-SUICIDE is a suicide prevention, crisis intervention, and referral telephone number. It offers a live human being to listen to depressed and suicidal callers and refer them to local resources 24 hours per day.

¹ DroughtSummary9.0412 (Rev. 9.0612)