

Your Mental Health

(Editors note: The following article is the third of a series of four, to be published in the Gazette-Times consecutively, throughout the month of May.)

By Terrel Templeman, Ph.D.
Believe it or not, farming is now ranked in the top ten high stress occupations.

Farm stress workshops have begun to appear in the Midwest to prevent the effects of stress. I would like to address a particular kind of farm stress in this article, which typically strains farm marriages.

Many farmers and ranchers tend to be task-oriented. That is, they decide what needs to be done in a day and they work until it gets done, regardless of how long it takes. It is of course necessary to be task-oriented in agricultural work at certain times of the year. The opposite of the task-oriented person is the time-oriented person. These people typically allot for themselves just so much time for each of the activities they want to do in a day.

Conflicts on the farm may arise with a task-oriented man married to a time-oriented woman. The farm wife who is time-oriented may resent her husband being late to supper if it happens very often or be even more upset with him if he makes her late for something she has planned. She may begin to feel that she and the children rate a distant second behind the wheat or cattle. She may respond to such feelings by planning activities for herself or the family without the husband's participation. This creates distance between both persons and makes it more difficult for them to talk to one another and eventually makes the problem worse.

The farmer who is overly task-oriented may ironically feel deserted by his wife or children when he finally has the time to be with them. He may also resent the lack of support from his wife after

Time management and Farm stress

putting in all those long hours to keep the farm going. As he feels less appreciation at home he may begin to spend more time away from home, creating even more distance between himself and his wife. It may get so bad that the couple begins to feel that they are married in name only.

Both the task-oriented person and the time-oriented person are prone to worry and stress, but they worry about different things. The task-oriented husband may worry that the job that he is doing will not be done properly or completely. He may lose sleep over something he forgot to do the day before or something

he is supposed to do the next day. His time-oriented wife on the other hand may worry that she will not get her job done on time or that there will not be enough time in the day for all the things she wants to do. As she sees time for family or quiet time with her husband alone squeezed out of the day, she may begin to feel helpless

in her situation and even depressed.

As I mentioned above, farm life itself demands a certain amount of task-orientation. One way of handling the stress that it produces is for couples to collaborate on planning the activities of the day. This requires talking to each other, which takes time, but it need

not take inordinate amounts of time. For example, early in the day when both persons are sitting down to breakfast, is a good time perhaps to discuss what each will be doing during the day, whether there will be time enough for everything planned, or whether it is reasonable to assume that each will be home at a given time. Even a brief sharing of

plans and activities early in the day can prevent much second guessing and distress later in the day. Communicating with each other during the day about changes in plans or delays is also helpful. With the advent of the CB radio, such a communication on the farm is easier now than it used to be. Finally, if you are a task-oriented person it may be

better once in a while to actually stop what you are doing before you may have it done and pick it up again tomorrow, rather than working all night on it. For the time-oriented person, it may be better sometimes to allow time to enjoy what time is available for certain activities even if it is not always as much as you would like.

Bowling news

Thursday Night Ladies Final Statistics

First place team - Gateway Toyota. Second place team - Kinzua Corporation, high average - Phyllis Cole - 157, high series scratch - Phyllis Cole - 571, high game scratch - June Bellenbrock and Alvina Padberg - 225, high series with handicap - Bobbi Childers - 633, high game with handicap - Bonnie Palmateer - 241, most improved bowler - Marilyn Childers - average went up 17 pins over last year's average.

High team series scratch - Gateway - 2372, high team series with handicap - Bucknams - 2837, high team game scratch - M & R Floor Covering - 866, high team game with handicap - Columbia Basin Electric Coop - 1008.

Koffee Kup Keglers May 13

Final winners: first place team: Gutter Dusters - Kay Wilson, Billie Doherty and Judy Rickett.

Second place team: Weary Wives - Betty Brown, Betty Snow and Iris Campbell.

High game: scratch - Betty Snow - 222.

High game: handicap - Zoe Watts - 249.

High series: scratch - Judy Rickett - 554.

High series: handicap - Josie Kindsfather - 616.

High average for the year: Linda Schultz - 160.

Most improved bowler - Billie Doherty.

Koffee Kup Keglers May 6

Team	Won	Lost
Weary Wives	43	25
Gutter Dusters	43	25
Hi Ho's	37	31
Dregs	35	33
Newcomers	33	35
Pytts	33	35
Three Holers	25	43
Three L's	23	45

High game: Zoe Watts - 209

High series: Alvina Padberg - 523

High game: Pytts - 600

High series: Three L's - 1,696.

Splits: Roxie Lovgren, 3-10; Linda Schultz, 2-7; Maude Hughes, 5-10; and Betty Snow, 2-10.

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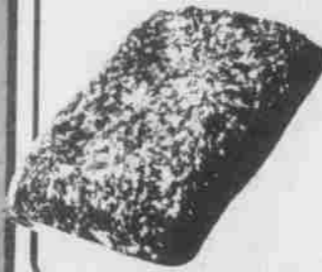
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