



## Canadian Agricultural Safety Week

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Public Service Announcement

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FOR IMMEDIATE RELEASE

### Wellness on the Farm

COVID-19 has brought a lot of attention to the importance of self-care. But a global pandemic isn't the only time farmers should practice self-care. It should be a regular part of routines at all times.

It's important to remember that there's no such thing as one-size-fits-all when it comes to self-care.

Eating healthy foods, finding a creative outlet, and putting aside time to tackle necessary tasks can all benefit self-care.

Take time to figure out what self-care practices work best for you and your farm business.

This Canadian Agricultural Safety Week, we're celebrating Safe and Strong Farms. For more information on Leading an AgSafe Canada, visit [agsafetyweek.ca](http://agsafetyweek.ca).



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