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Christy Clark

Hi there, director Christy Clark with the Montana Department of Agriculture here. In Ag. We're just one big family. And to me, family is everything. When you can see that someone in your family is struggling, whether it's sleepless nights or just not feeling up to playing with the kids, here's how you can help. Go to [Beyond the Weather.com](https://www.beyondtheweather.com) to learn about our program counseling access from Montana Ag, your farm, your ranch, and most of all, your Ag family needs.

You get to the heart of what matters at [beyond the weather.com](https://www.beyondtheweather.com).

But if you're good friends with those people, reach out and say, I'm here to talk to you. We can find some somewhere to get some assistance, that type of thing. I think the worst thing to do would be just to not say anything and just act like that's an issue they're dealing with, and I don't need to get involved.

It's hard to get involved, but in the same time, you want to just say, hey, there is help available.

For more tips and dealing with stress in agriculture or to access free counseling for egg producers, visit [beyond the weather.com](http://beyondtheweather.com).

We got beyond the weather with rancher Dave Kelsey and asked how he manages through stressful times.

For my mental makeup, it's better for me to be involved in activities. I continue to be involved with FFA. For me, being involved and doing those things keeps my mental outlook better than if I just tunnel in on specifics. Are now ranch operation.

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Talking to farmer Travis Stuber. We got beyond the weather. And we asked how he gets through some of those tough times that life throws at all of us.

I have struggled mental health issues. I lost my best friend about two years ago, and I lost my mom about five years ago. I sometimes struggle with keeping my mental capacity straight that I can still do the work that I need to do on a daily basis. I mean, I remember the times that I'd be out there fencing and I'm putting a staple and I just break down.

I just like I miss my mom.

So how does Travis keep moving forward?

We as a couple have found counseling to be really good. And I'm not a real touchy feely kind of guy that just wants to throw out my motions. That's not my style, but I am more so on the tools. I'll walk in there and say, hey, I'm struggling with lost my mom. How do I deal with that? For me, it was more that I just needed tools to understand what it's like for somebody else going through this.

What help them. And so I can implement that.

If you know a friend in the Ed community who could benefit from counseling, send them to [beyond the weather.com](http://beyondtheweather.com).

Northern Egg Network asked farmer Travis Stuber. What is this mental health stigma? Why is it so hard to get beyond the weather?

I think the stigma around is weakness. And as ranchers, farmers, that's like the last thing we want to show. On the flip side, if you're not working at your hundred percent capacity, if your mental health is not there, you're not sleeping right, you're distracted mentally. Your anxiety is high. Your depression is high. Things like that. You're not even close to what you should be.

And your business, your enterprise, is suffering because of it. If you had a sick tractor out there, you weren't sitting there and keep limping that thing along year after year, you'd go, hey, to get optimal performance on this track, I got to get it fixed.

So how do we get past the mental health stigma?

If we can humble ourselves and get to a point of where we are okay with talking about the struggles that we're all dealing with, and it can be an open thing. We are going to be at such a higher capacity of what we can do.

If you're ready to ask for help, head to [Beyond the Weather.com](https://www.beyondtheweather.com) for the free counseling access for Montana egg producers.

Here's fifth generation farmer Melissa Stuber on passing on resilience.

I think a gift we can give to our kids as we think about the future is there will always be hard things coming. You just do the best you can with what you have. When you have joy in your brain, you find more joy in life. If you have worries and anxiety in your brain, you find more worries and anxiety and teaching them now when they're 13 and ten, don't just dwell on the hard things like learning that young.

I think we'll carry on.

Let's help our kids learn to manage stress. To head to [beyond the weather.com](https://www.beyondtheweather.com) for more.