

## Stuber Counseling

Speaker 1

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.

Travis Stuber

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.

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So how does Travis keep moving forward?

Travis Stuber

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.

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If you know a friend in the Ed community who could benefit from counseling, send them to beyond the weather.com.