




ifarmwell.com.au
growing farmers' wellbeing

ifarmwell.com.au is a practical online tool kit to help Australian farmers manage life's challenges effectively and get the most out of every day



MODULE 1: Taking stock of your current wellbeing and some practical strategies to get you started



MODULE 2: Thoughts are like bullies - how to spend less time 'in your head'



MODULE 3: Doing what matters - how to get the most out of a busy life



MODULE 4: Training your 'attention muscle' and focusing on the 'here and now' - a more pleasant, less exhausting place to be



MODULE 5: Putting it all together and moving forward

It has been designed based on

- what farmers want
- what research shows will help

- ✓ Created by farmers, for farmers
- ✓ Accessible from your computer, tablet or smart phone
- ✓ Relevant
- ✓ Confidential
- ✓ Free

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