



June 10th is Action Anxiety Day!

Action Anxiety Day was established by Anxiety Canada to promote open conversations about anxiety and offer support to those who are living with anxiety disorders. Stigma-Free Society is a proud supporter of this cause, and we want to do our part to break the stigma around anxiety and offer resources to those who need them.

Today, we are sharing free resources from our **Rural Mental Wellness Toolkit**, a website

tailored specifically for people living in rural areas where mental health is more stigmatized. Check out the resources below to find out how you can improve your mental health, and join us in eliminating stigma!

A photograph of a combine harvester in a field, with a semi-transparent dark box overlaid on the image containing text. The harvester is green and yellow, and the field is filled with harvested crops. The sky is blue with some clouds.

Inspiring Stories for Rural Residents

Submit Your Own Inspiring Story:
We are currently accepting submissions for personal story videos! If you have an inspiring story to share, click the link below to be featured in the Toolkit and bring hope to other rural residents.

We all need a word of encouragement sometimes. In the **[Inspiring Stories](#)** section of our **[Rural Mental Wellness Toolkit](#)**, you will find videos of people sharing their personal experiences with mental illness and stigma. Harley Siemens and Dave Richardson discuss their mental health journeys and challenges with anxiety as people who grew up in agricultural communities. In light of Action Anxiety Day, we encourage you to watch their stories and share them with others to raise awareness.

[Browse Inspiring Stories](#)

[Share Your Story](#)

WORK LIFE BALANCE

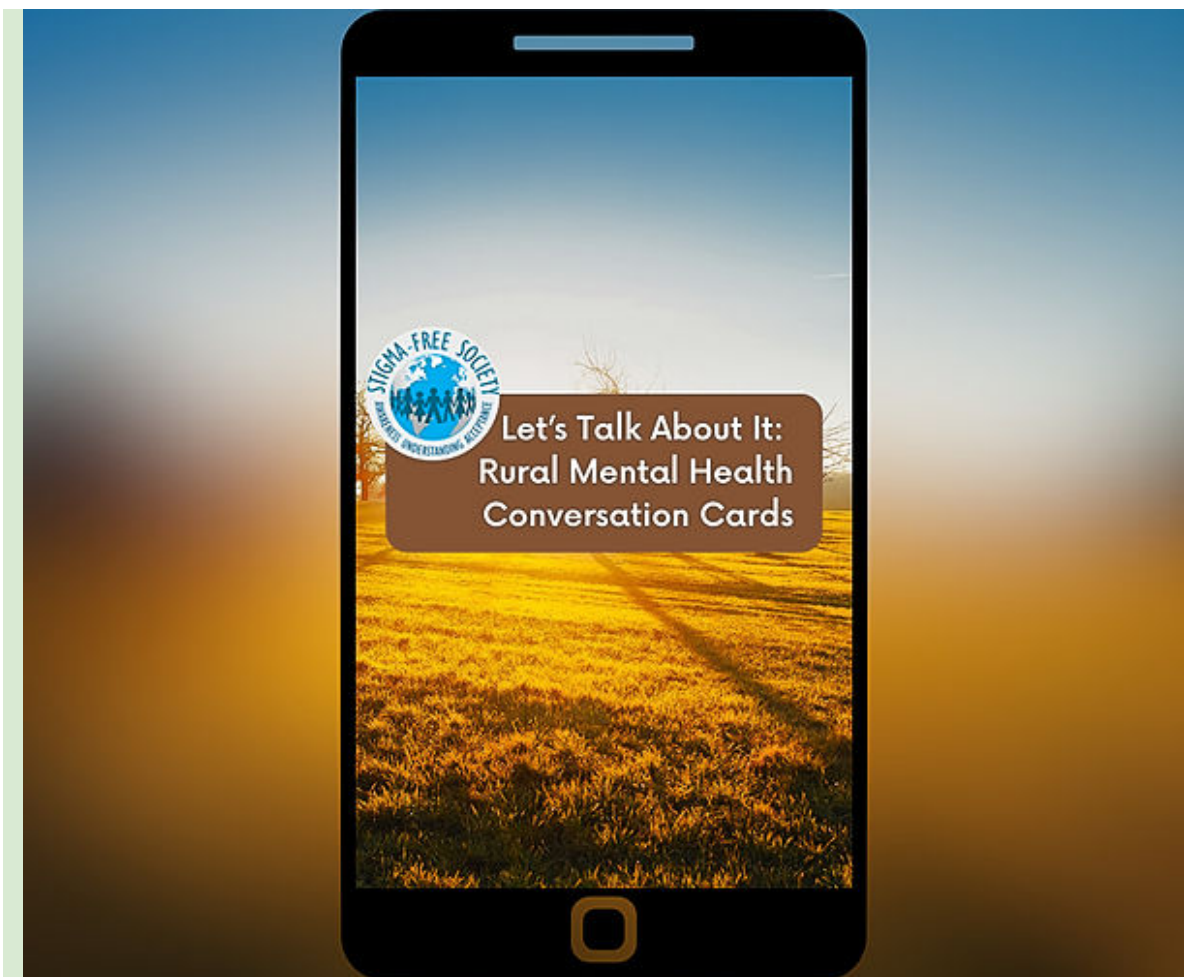


IN RURAL COMMUNITIES

If you are a farmer or business owner living in a rural area, you understand how difficult it can be to strike a balance between life and work. Overworking is a major contributor to anxiety and burnout for people living in rural communities. Our [**Life and Work Wellbeing**](#) section of the Rural Mental Wellness Toolkit offers solutions to this problem.

Our *Getting Back in Balance* brochure provides guidance for maintaining a balanced lifestyle and reducing stress. You can print this helpful resource and offer it to members of your rural community at local events. We also compiled a list of podcasts about mental health for rural residents. Check them out and listen to them while you're working or on the go!

[**Visit Life and Work Wellbeing**](#)



Our **Conversation Cards** help you start fruitful discussions about mental health with people in your community, including anxiety and the stigma people deal with in rural areas. Whether you use them at a community event or with your family, they will help you discuss these issues openly and debunk myths about mental health. On this page, you'll also find a collection of educational videos about rural mental wellness.

[Browse our Conversation Cards](#)

What do you want to see on the Rural Mental Wellness Toolkit?



If you live in a rural area and have suggestions for topics to cover or feedback regarding the Toolkit, please don't hesitate to contact us and share your thoughts. [Visit the Toolkit](#) for more free resources and share it with others who need support!



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