



DR. MURRAY RUNSTEDLER DR. PAUL SOSTAR DR. ANDREW MACLEOD
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Linwood Veterinary Services

1010 Industrial Cres. St. Clements, ON N0B 2M0 519-698-2610 519-699-0404
Hwy 89 Veterinary Services, 7434 Hwy 89 Mount Forest, ON N0G 2L0 519-323-9002

1-800-663-2941 Fax 519-699-2081

Email linwoodvet@linwoodvet.ca website www.linwoodvet.ca

We will provide industry-leading, reliable, knowledgeable service, in a friendly, courteous and timely manner, to benefit our clients and the communities we serve.

St Clements Clinic Hours: Mon-Fri 7am – 5pm Open Saturday 7am-12pm

Hwy 89 Clinic: Mon-Sat 7am-1 pm

CLINICS ARE CLOSED SUNDAYS and there is NO DELIVERY SERVICE SATURDAYS AND HOLIDAYS

Orders for Delivery: Please, call BEFORE 9:30 am, for same day local delivery Monday to Friday

24 Hour Emergency Vet Service call any clinic number 1-800-663-2941 519-698-2610 519-323-9002

DECEMBER 2019 NEWSLETTER



**VERY MERRY CHRISTMAS AND HAPPY NEW YEAR WISHES
FROM ALL YOUR VETERINARIANS AND STAFF AT
HWY 89 AND LINWOOD VETERINARY SERVICES!**

Clinic News

HOLIDAY HOURS St. Clements and Mount Forest Clinics will be **closed** and there will be no delivery service running on Wednesday **December 25th**, Thursday **December 26th** and Wednesday **January 1st**. Emergency Veterinary care continues 24/7. Please make sure essential veterinary needs are on hand for the holidays and potential road closures or bad weather.

New Address: If you print cheques, just a reminder to change the address for Linwood Vet to our St. Clements address above. Online banking is also an option, now.

If you asked our staff of Veterinarians, Techs, Processors and Office Personnel, what it is they enjoy most about their jobs, they would all say it is the pleasure they experience when providing good service to our clients and the relationships they have developed over the years with you.

Simply said, you are important to us. So we say, "Thank You for giving us the opportunity to serve you!" Merry Christmas to you all, and may you and your families enjoy a Blessed and prosperous New Year.

*Sincerely,
The Partners of Linwood Vet
Murray, Paul and Andrew*

Mental Health in Agriculture

Owning and operating a farm is often stressful and affects every part of your life. Being responsible for growing food for the world, keeping animals healthy and balancing a home life can be taxing on your mental health. Mental health is a positive sense of well being, and the capacity to enjoy life with dealing with our every day challenges.

Having poor mental health doesn't always look like an illness; we often don't show obvious signs of depression or anxiety, but have more subtle signs. Poor mental health can be the inability to cope well with arising problems, being constantly tired, inability to sleep, sense of dread going into work, and avoidance of other people. These are just a few of the ways that you can self-evaluate your mental health. Your mental health can vary from day to day, and, as a farmer, is almost guaranteed to change depending on the season and weather conditions! Doing a self-evaluation on a regular basis is a good way to make sure you don't end up in a bad patch and unwilling to ask for help.

The importance of mental health in our farming communities has become a growing concern. The average farmer is strong, capable, and hardworking, but often stubborn as well! A large portion of farmers resist reaching out for help as it has been looked down upon in the past. As the conversation about mental health becomes more accepted and outspoken, more and more farmers feel safe reaching out for help. Whether it is simply someone to talk to about the farm's problems, getting advice from professionals, or building a better relationship with friends and family, asking for help can significantly improve your daily life.



Many organizations, including the Ontario government are investing time and money into researching the best methods to help farmers, as well as everyone involved in the agricultural industry, to improve and maintain our mental health. Here are some strategies to help:

- **Time management** - plan ahead, leave wiggle room for surprise problems, prioritize problems
- **Learn to say "no"** - it is okay to refuse extra commitments in order to thrive in your own life
- **Self-evaluate** - ask yourself if you have felt rested lately, if you have enjoyed aspects of your daily life, if you feel connected to your family, if you feel able to handle problems
- **Take a break** - plan time for fun activities, plan time to be away from the barn/farm
- **Focus on your attitude** - recognize that you can't control everything and allow some problems to slide, try to think of a positive angle when problems arise, don't spend your free time worrying, be proactive and prevent problems rather than simply fixing them when they happen
- **Set goals and reward yourself** - set *realistic* goals that help you in your daily life, set rewards for each completed goal, and don't focus on the goals you didn't reach
- **Develop a support network** - talk to friends or family, reach out to a hotline, talk to your doctor

Feel free to reach out to your veterinarian, we are here to help you and want the best for your mental health. The provincial helpline **ConnexOntario 1-866-531-2600** is an even better resource to receive support, day or night.