



# Rural people are independent problem solvers

SOMETIMES, HOWEVER,  
STRESS CAN BE A PROBLEM -  
TOGETHER LET US SOLVE IT

*Learn about stress and ways to manage  
it from the comfort and privacy of your  
own home.*

## DEALING WITH STRESS: A WEB-BASED EDUCATIONAL SERIES

This is a series of online workshops that discuss stress, especially stressors unique to rural and agricultural people. Topics covered include: how stress works, resources and ways to manage stress.

The workshops are designed for all Minnesota rural and agricultural people. The workshops can be completed at any time online.

For more information please visit online at <http://www.extension.umn.edu/ToughTimes/dealing-with-stress.html> .  
or call Crisis Connection: 1-866-379-6363