



Self-Care for Farmworkers: Advice from your Community Health Worker



Who are Community Health Workers?

A Community Health Worker (CHW) is a trusted member of the community who empowers their peers through education and connections to health and social resources. CHWs help provide a bridge to build trust and understanding between the community and health centers. CHWs play an important role in reducing the stigma around mental health by educating and conducting outreach within the community.



What is Self-Care?

Self-care is simply caring for oneself. It is a process where individuals and their families maintain health through promoting behaviors and managing illness.



Why is Self-Care Important for Farmworkers?

As a farmworker, you may be facing certain barriers to self-care due to unique challenges related to your living and working conditions. These can include stressful working conditions, physical illness, limited English language skills, and living in a remote location. However, self-care should be a priority to help you improve your overall mental health. Although farmworkers have many stressors in their lives, self-care can benefit their mental and physical health by helping them achieve a healthy life/work balance.

What Does Self-Care Look Like for Farmworkers?

Although many may worry that self-care needs a lot of time to accomplish, that is not true. You do not need to take whole days off; however, it is important to make some time for yourself on a regular basis.

Some self-care activities may include:

- Eating healthfully
- Dancing
- Going for a walk or other exercise
- Getting enough sleep
- Taking time off work to address personal health needs
- Listening to music/singing
- Gathering with family and friends
- Going to church
- Connecting with friends and family over the phone or video apps
- Trying new things that interest you
- Taking time for self-reflection and to set personal goals
- Asking for help when needed



Tip from a Community Health Worker:

“Self-care can help avoid burn out, it is important for you, your family, and your place of employment. Check out some of our examples of self-care activities and try something new today!”

It is important to have activities that bring you joy outside of work. These activities can be very simple and may range from person to person, but the main goal is to make sure not to neglect yourself. As shown in the examples above, self-care does not only include activities that you can do with others but also activities that you can do on your own. Self-care can take place in many environments and can be short and squeezed in to serve our needs throughout the day.

How Does Self-Care Relate to Mental Health?

Practicing self-care can help you manage stress and improve your overall mental health. Mental health can be difficult to talk about, but it is just as important as your physical health. Some of the most common mental health issues include depression, generalized anxiety, and substance abuse. There are many factors that can contribute to these issues, but self-care can help you become aware of any issues you may be having and deal with them in an appropriate manner.

If you have interest in learning about available mental health services at your local health center, please ask your local Community Health Worker for more information or contact your local health center directly at:

Health Center Name: _____

Health Center Phone Number: _____

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