

## Quality of Life Index for Farming

The purpose of this Quality of Life index is to provide you with an opportunity to reflect on aspects of your life both physical, social and mental. This is a self-assessment on how you are spending your time and the quality of the time you take for you, for your close family members and friends. It is an opportunity to quietly review how you feel and are coping with daily life. Having worked your way through the various questions hopefully you will find all is generally good. Sometimes we can think things are worse than they actually are! Then again there may be an issue or life event that is causing you to struggle. If so it is important to source out some help as the adage goes “A stich in time saves nine!”

Our key message to you that life does throw up struggles and challenge most of which are manageable, and that is ok not to feel ok from time to time, however, it is not ok to neglect handling the situation.

We wish you all the very best and hope you find this exercise in self-care helpful and rewarding!

### PROFILE

Gender

Male  Female

Prefer not to say

Age profile

18-24  25-39  40-60

60 plus

Your farm enterprise:

Dry stock  Suckling  Dairy  Tillage   
Sheep

Other (please specify)

—

Are you a: (Tick the most appropriate)

Part-time Farmer

Full-time Farmer

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**Workload: This section is providing you with an opportunity to assess your workload.**

On average, how many hours of the day do you work as a **full time** farmer on the farm?

1-2  3-4  5-6  7-8

8-10  10+

On average, how many hours of the day do you work as a **part time** farmer on the farm?

1-2  3-4  5-6  7-8  8+

10+

On average how many hours do you work on the farm on a Sunday?

1-2  3-4  5-6  7-8

8+  10+

How many livestock do you have on your farm?

0-20  21-40  41-50  50-60  60+

How many acres/hectares do you have?

1-7 acres  8-10 acres  11-20 acres

21-50 acres  51-60 acres  60+ acres

Have you any help on the farm?

Yes  No

If yes, from who?

Family member  Neighbour/Friend

Student(s)  Employed Staff

**Physical and Mental Health: This section is providing you with an opportunity to assess your physical and mental health.**

How would you currently rate your physical health?

1  2  3  4  5

How would you currently rate your mental health?

1  2  3  4  5

How much priority do you give to your **a.** physical health  
**b.** mental health?

1  2  3  4  5

Do you experience any of the following (anxiety, worry about things, pessimistic)?

1  2  3  4  5

All the time Regularly Not at all

Do you have a regular sleeping pattern?

Yes  No

Do you have regular daily meals?

Yes  No

Do you take a break during the working day?

Yes  No

Do you take part in any weekly hobbies/activities/organizations/community groups?

Yes  No

Please give an example.

\_\_\_\_\_

**Quality Time: This section is providing you with an opportunity to assess how you use your free time and interact with others.**

Do you plan ahead when taking time off?

Yes  No

How often do you take time off from the farm?

Never  Weekly  Monthly

Quarterly  Annually

If you take time off, how do you spend this time?

\_\_\_\_\_

\_\_\_\_\_

Have you taken a short break in the past 12 months? (less than 3 days)

Yes  No

Have you taken a holiday in the past 12 months? (more than 3 days)

Yes  No

Do you spend time with your supportive family members/ friends during the week?

Yes  Occasionally  No

In the last week, how many people have you interacted with? (not including family members)

1  2  3  4  5

Please take a moment to reflect on your answers to the above questions. Can you identify your strengths (i.e. what's working well) and the areas that you believe you would give more attention to. Please list.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**To support those areas, the following outlines a number of suggestions that address issues that may have emerged for you in your self-assessment.**

### Feedback

In general, our advice is when in the green zone things are going well. If in the amber zone it is important to work towards the green zone. Being in the red zone is a warning sign that you need to be proactive. Throughout this self-assessment you may find yourself in different zones.

By completing this index, it has provided you with an opportunity to become more aware at this point in time how you are getting on with life. As you will see there are some areas that are very satisfactory, and some

aspects of your life that can benefit from some additional attention?

**GREEN ZONE** Very Satisfactory. Keep maintaining what is working well for you. Perhaps there is scope maybe to go that extra mile?

**YELLOW ZONE** Reasonable Satisfied: The warning here is that while life is satisfactory there is scope to for improvement that can bring you into the green zone. It may be necessary to seek some additional support.

**RED ZONE** Not Satisfactory: What you are finding out here is that you need to consider seeking out help to boost your wellbeing It is important that you source the help you need to move in to the yellow zone and onto the green zone.

Remember it is not at all selfish to do what is best for you. It is indeed ok not to be ok, however what is not ok is not to do something about it. Feeling not ok is a warning sign that some aspect of our life needs changing.

If you would like more copies please visit [www.farmers4safety.ie](http://www.farmers4safety.ie), [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie) or you can click this [link to access support services](#).

**DISCLAIMER: This is not a substitute for medical advice. It is important to make contact with you Family Doctor/Local GP if in a crisis.**

