



## **MEDIA STATEMENT:**

### **Wheatbelt farmers encouraged to take the time to recover**

Stress is not the problem, it's the lack of recovery.

This was the key message delivered to Wheatbelt farmers by Mark McKeon, a leading work-life balance speaker, who has been touring the state in Grower Group Alliance's (GGA) Biannual Speaker Series in partnership with Partners in Grain (PinG).

Speaking at eight regional events, Mark highlighted importance of developing and maintaining a good work-life balance and encouraged growers to take time to recover from the stress of peak periods such as seeding and harvest.

With grain growing areas of WA experiencing increasingly unpredictable climatic conditions and margins decreasing, the business of farming is an inherently stressful one.

With this in mind, Mark discussed how to create more time, with his basic strategy to self-invest and achieve more.

Mark's strategy of breaking your life down into go-zones, slow zones and no-zones gives your body time to overcome stress but also gives a structure for productive work periods.

"By programming in even one or two go-zones a week can help you get ahead of the game, this will then help you better deal with and recover from stressful situations when they arise," said Mark.

As well as having go-zones Mark also highlights that a critical aspect of recovering from stress is to set time aside to do what you love.

Mark says that "resilience is not about not letting things affect you, it's the ability to bounce back after something knocks you out of shape."

"It was great to hear Mark speak, he gave a few really easy tips on how to take time out, as well as get on top of your workload," said Condingup grower Lyndon Mickel.

Mark's talk highlighted how grower groups not only deliver geographical relevant research to their members but are also a forum to discuss important post farm gate issues ranging from grain marketing to personal development.

"Having Mark speak at our Harvest Review was a great opportunity to get our members to take a step back and think about the way they handle stress," said SEPWA Executive Officer Niki Curtis.

GGA's Biannual Speaker Series is funded by Partners in Grain (PinG), individual grower groups and localised corporate sponsors. Mark presented at regional grower group days in Badgingarra, Mingenew, Mullewa, Geraldton, Merredin, Hyden, Albany and Esperance.

The GGA is a not for profit, grower driven, organisation connecting grower groups, agribusiness and researchers in a network across WA, and nationally.

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Photo Caption: Mark McKeon (middle) with Rebecca Wallis, Grower Group Alliance (left), and Erin Green, Partners in Grain (right), at the Mullewa Regional Crop Updates event.