

Dairy farm stress webinar series available for viewing

St Cloud, MN – (8/8/2018) Farming is one of the most stressful occupations in the United States. This is particularly true for dairy farmers as they are experiencing an extended period of low milk prices.

To help dairy farmers deal with stress, the 4 State Dairy Extension Group hosted a series of three webinars that discussed how to recognize the signs of stress, how to deal with dairy farm families experiencing stress, analyzing a dairy for profits, the profitability of various dairy systems and what FINBIN says about production costs.

The webinars have been archived and remain available to be viewed through the Four-State Dairy Nutrition & Management Conference website at <http://www.fourstatedairy.org/webinars.html>

The topics discussed in the webinars included:

- Recognizing and Managing Stress in Dairy Farmers
- Do you know your cost of production and where the dairy industry is headed?
- Making Production Decisions During Challenging Times

The webinars were presented and sponsored by extension specialists from ISU Extension and Outreach, University of Illinois, University of Wisconsin and University of Minnesota.

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