

## Kelsey Activities

### Speaker 1

We got beyond the weather with rancher Dave Kelsey and asked how he manages through stressful times.

### Dave Kelsey

For my mental makeup, it's better for me to be involved in activities. I continue to be involved with FFA. For me, being involved and doing those things keeps my mental outlook better than if I just tunnel in on specifics. Are now ranch operation.

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For more tips and dealing with stress and agriculture, or for free counseling for egg producers, visit [beyond the weather.com](http://beyondtheweather.com).