

# TapRoot Readiness Tool

Preparing for stress before it becomes a safety risk.  
**Created by producers, for producers.**

A practical safety tool for producers.

[AgCareConnect.ca/TapRoot](https://AgCareConnect.ca/TapRoot)

PILOT VERSION — JAN 2026



# Before you start

This tool is for readiness, not perfection.

Use it when things are calm — at the kitchen table, in the farm office, or wherever you actually make decisions.

Write what's true for you. Skip what doesn't fit. Update it anytime.

**This copy belongs to:**

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*Safety comes before solutions.*

# TapRoot Readiness Tool

*Stress isn't a failure. It's a known risk.*

## Why readiness matters

In agriculture, we don't wait for something to break before thinking about safety. We plan ahead. We manage risk. We keep tools close at hand.

Stress works the same way.

Pressure can build during long days, injuries, uncertain seasons, finances, isolation, or change. Most of the time, people manage. Sometimes, conditions shift — and risk increases.

**Readiness is about thinking ahead before pressure becomes an emergency.**

## What this tool is (and isn't)

This tool is:

- a way to prepare for stress like any other safety risk
- a place to think through what helps you
- something you can use on your own or with others

This tool is not:

- a test
- therapy
- a sign something is wrong

It's a readiness step — the same kind you already take on the farm.

### TAPROOT • NOW

A stress safety tool for producers

#### ROOT (Body first)

- Feet on the ground. Press down.
- Breathe out longer than in.
- Drink water or step outside.
- Name 5 things you see.

#### SLOW (Reduce pressure)

- I'm overloaded / flooded.
- I don't need answers right now.
- I need this to slow down.

#### REACH (Make it safer)

- Pause driving / machinery.
- Move away from risky items.
- Be where someone else is.



## How TapRoot works

ROOT — what helps steady you

SLOW — what helps reduce pressure

REACH — what helps make things safer

There's no single right answer. What helps one person may not help another.

The goal isn't to solve everything.

It's to reduce risk, buy time, and keep options open.

## Threshold awareness

For many people, thoughts about not wanting to be here — or about ending one's life — can show up when stress is very high.

These thoughts don't mean you want to die.

Often, they're a signal that pressure has crossed a line and something needs to change.

Think of them like a fire alarm: meant to get your attention, not to be ignored.

When this happens, the priority is safety and time, not answers.

## How this connects to TapRoot NOW

When pressure is high, thinking gets harder and options can narrow. That's why TapRoot NOW exists.

The TapRoot NOW wallet card is a response tool — something to use in the moment when stress or crisis is present.

This Readiness Tool helps you recognize what helps you, understand what increases risk, and become familiar with TapRoot before you need it.

### REMOVE & CARRY

Remove this card and keep it with you.

#### **TAPROOT · NOW**

If this isn't easing, use this side.

##### **WHEN TO ESCALATE**

- I feel trapped or hopeless.
- My thoughts keep looping.
- I'm not sure I'm safe.
- I'm thinking people are better off without me.

**DO THIS NOW** (All are free, confidential, and available 24/7)  
988 (Suicide Crisis Helpline) — call or text

1-866-FARMS01 / 1-866-327-6701  
National Farmer Crisis and Support Line

911 — if immediate danger

**If you won't call:** go be with someone now. Don't stay alone.  
[www.AgCareConnect.ca/TapRootNOW](http://www.AgCareConnect.ca/TapRootNOW)

# ROOT — What Helps Steady You

When pressure rises, stability comes first.

ROOT is about what helps steady you — even a little — and what makes things harder.

## What helps steady me when stress is rising?

*(Small things count.)*

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## What tends to make things worse for me?

*(Things that increase strain or overload.)*

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## My traits are tools

Just like tools on the farm, the same trait can help or harm depending on how it's used.

**Traits I carry with me:**

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**When this helps me:**

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**When it works against me:**

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**What other traits can help when this one isn't:**

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**When pressure is high, one thing that helps me regain steadiness is:**

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*Steadiness comes before solutions.*

# SLOW — What Helps Reduce Pressure

When pressure is high, speed increases risk.

SLOW is about reducing load and pace before things escalate.

## What tells me pressure is building?

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## What helps reduce pressure for me?

*(Ways to slow pace or buy time.)*

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## What decisions can wait?

*(Things that don't need to be solved today.)*

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## Behaviours are signals

All behaviour serves a purpose — especially under stress.

**Behaviours I notice when pressure is high:**

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**What this behaviour does for me:**

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## Does it help without increasing risk?

*(Circle what fits today)*

Yes  Sometimes  No

**If it causes harm, what could meet the same need more safely?**

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*Not everything needs an answer today.*

# REACH — What Makes Things Safer

When pressure is high, safety improves when conditions change.

REACH is about reducing risk and increasing safety.

**What helps make things safer for me when stress is high?**

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**Where am I safer when pressure is high?**

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**What increases risk for me under pressure?**

*(Things it's safer to pause or step away from.)*

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**Reducing risk buys time**

**One way I can buy time when stress spikes:**

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**Connection can increase safety**

Being around others can help — even without talking.

Connection doesn't have to be formal. It can be anyone you trust.

**People, places, or supports that help me feel less alone:**

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**If thoughts about not wanting to be here show up**

*(A signal that stress has crossed a line.)*

**One step I can take right away to increase safety is:**

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*This step is reflected on the TapRoot NOW wallet card  
for moments of high pressure.*



*Safety comes before solutions.*

# For producers, by producers.

This tool was created by people who farm — alongside farm families and agricultural partners across Canada.

Stress is a known risk in agriculture.

Preparation helps reduce harm when pressure is high.

TapRoot is about readiness, not diagnosis.

Safety, not perfection.

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## Looking for more tools or copies?

Visit

[www.AgCareConnect.ca/TapRoot](http://www.AgCareConnect.ca/TapRoot)



Scan for TapRoot resources

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It may not be modified or sold without permission.

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## Your experience matters.

If you used this tool — or chose not to — your feedback helps improve it for other producers.

Share feedback anonymously:

<https://forms.gle/oGWga5HTfPvFnbBn9>



Scan to share anonymous feedback

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Developed through Ag Care Connect  
In collaboration with producers and agricultural partners

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