

## Focussed Farmers: Participant Profile

### ROB GARRETT

"Before watching these course videos, I would be the last person in the world you would expect to find meditating, my wife would not let me attend her yoga classes because she knew I would not be able to keep a straight face!

However, the videos were a key part of understanding the science behind the programme, without which the 8 week programme exercises would just feel a bit "happy clappy". The phrases and terms used in the videos kept appearing within the exercises and helped remind me that there is a lot of science behind the course."



### BACKGROUND

Rob, 47, grew up on a farm in Suffolk and, after studying agriculture, had a career in forestry and then hospitality.

He returned to the industry seven years ago and now farms beef, sheep and bees on a tenant farm in Derbyshire.

### BENEFITS GAINED FROM THE VIDEO SERIES AND 8 WEEK PROGRAMME

Keeping a clear head and getting on with the job, not getting run down by all those useless thoughts, most of which you cannot do anything about, the outcomes of which are;

1. Productivity; you get the day's jobs done and some.
2. Mental health; you are happier doing what you do.
3. Personal development; spending a few minutes each day on yourself.

The 8 week course in itself implies a specific time or fixed period with a start middle and end, when in fact the 8 weeks is all it takes to start the journey of mindfulness.

I seem to be less worried about the bigger picture issues i.e. length of tenancy term, farm production systems, year-end accounts, money in the bank etc. That does not mean to say I don't think about them on a daily basis, but it does not get me down so much.

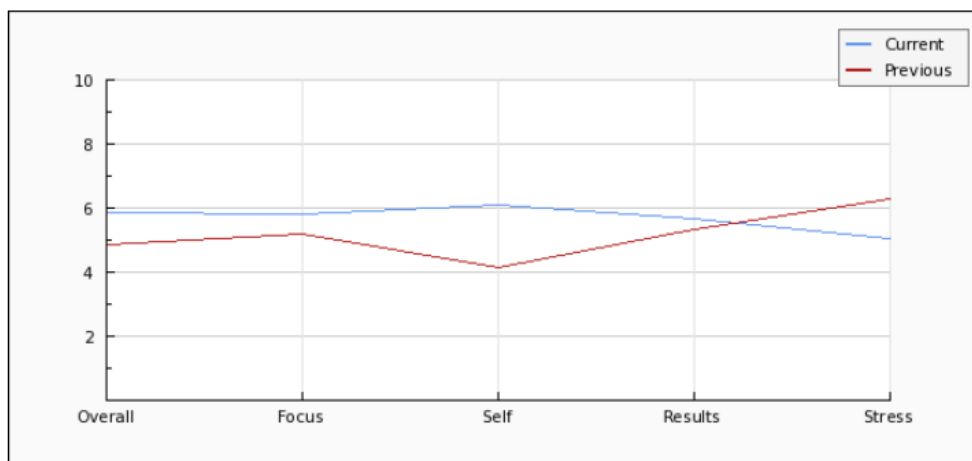
It also feels that I am a bit more organised than usual i.e. ordering vaccines and products a few weeks before I need them and getting ready for the next job (I have Rispoval 4 pneumonia vaccine in the fridge and a cattle pen ready, before actually having purchased any store cattle!).

Although still putting in a good 70 to 80 hour week there is less of that feeling of "chasing your own tail", scrapping about to get jobs done only to feel like you have achieved nothing at the end of the day.

**TIME COMMITTED TO THE PROGRAMME:** 1-2 HOURS PER WEEK

## RESULTS

	Overall Average	Discipline & Focus	Conceptual Self	Results	Work/Life Stress
Current hMMI	5.86	5.79	6.11	5.67	5.06
Previous Scores	4.88	5.18	4.16	5.31	6.27



“If someone would have said to me a month ago “watch these videos on meditation and by the end of the series you will be doing it” I would have said “no chance!”

However, listening to what Willie had to say, it seemed to make sense; and having tried meditating each day in the morning for the last week, I seem to feel more focused, with no down days so far”.

**Rob Garrett, Beef & Sheep Farmer, Derbyshire, UK**