

# Additional Resources

If you're thinking about selling online, there are a lot of options. Here are resources to help you get started:

- Take your food-business online webinar: <https://www.youtube.com/watch?v=5wI9SWWC1j4>
- Move Your Farm Store Online Facebook Group: <https://www.facebook.com/groups/onlinefarmstore/>

You might be exploring multiple options and trying to think about which is best for you. Here are resources to help you think through options and map out the numbers.

- Scenario Planning Webinar: <https://thefarmersoffice.com/courses/scenario-planning-2/>
- Getting Back to Basics: <https://thefarmersoffice.com/back2basics/>
- Creating Excel Templates: <https://thefarmersoffice.com/courses/excel-for-farmers-live/>

*To access the webinars on The Farmers Office, you'll need to register for "All- Access" membership. Get one month free by using the discount code **FFN-P2P***

On a good day, farming can be stressful. Now especially, it's important to take care of your mental health. Here are some ways you can care for yourself and be better equipped (mentally) to deal with all of the challenges.

- <https://www.stevens.edu/news/coping-age-coronavirus>
- <https://afsp.org/story/taking-care-of-your-mental-health-in-the-face-of-uncertainty>

Reach out by email:

- [Julia@juliashanks.com](mailto:Julia@juliashanks.com)