



## Mental Health Toolbox Talk

### Introduction:

Welcome to our toolbox talk on mental health. We know that the construction site can be a demanding place, so today, we're going to chat about why mental health matters, how to be resilient, and how we can support each other.

### Understanding Mental Health:

- Mental health is like our mental muscles; it keeps us strong and ready for action.
- It affects our mood, focus, and how we work together as a team.
- Mental health is something everyone experiences, just like physical health.

### Why Mental Health Matters:

- Good mental health helps us stay safe, happy, and productive on the job.
- It's linked to fewer accidents and more job satisfaction.
- A happy and supportive team makes our work even more enjoyable.

### Let's Build Resilience:

- Resilience is our superpower to bounce back when things get tough.
- Ways to be super resilient at work:
  - Keep stress in check and stay safe.
  - Be there for your work buddies.
  - Balance work and life.
  - Eat well
  - Exercise daily
  - Relax and pursue a hobby
  - Know when it's time to ask for help.

'Resilience is accepting your new reality, even if it's less good than the one you had before. You can fight it, you can do nothing but scream about what you've lost, or you can accept that and try to put together something that's good.'

**Elisabeth Edwards, Author.**





## **Dealing with Stressors:**

- Recognize what might stress you out, like deadlines or heavy workloads.
- Try out simple stress-busting tips, like taking a breather and staying hydrated.
- Practice gratitude and be grateful for aspects of everyday life.

## **Supporting Each Other:**

- Let's be a supportive team who talk about our feelings without judgment.
- Check in on your work mates and lend a helping hand.
- Listen when someone wants to share their thoughts.
- Share info about resources that can help.

## **Self-Care:**

- Make time for yourself during the day; quick breaks can do wonders.
- Do things that make you feel good and help you relax.
- Remember to protect yourself from the weather, warm and cold!

## **When You Need Extra Help:**

- If you or a work mate is having a tough time, don't be shy to reach out.
- Your mental health matters just as much as your physical well-being.

## **Our Toolbox of Resources:**

- Find out what mental health resources are available in our company, like Employee Assistance Programs (EAPs) and counselling.
- Keep these resources handy and know how to use them when needed.

## **Conclusion:**

By building resilience, looking out for one another, and knowing when to ask for help, we're making our work environment safer and more enjoyable. Let's be a tight team that supports and understands each other.

