

Toolbox Talk: Taking Care of Your Mental Health

Good morning, crew.

Today, I want to talk about something we don't bring up enough about: mental health. On this job, we wear PPE to protect our bodies. But we also need to protect what's happening inside our minds and hearts.

Key Points

- 1. Start with yourself.** If you're running on empty, you can't show up fully for your family or crew. Take care of yourself first.
 - 2. Watch your self-talk.** We all make mistakes. Don't beat yourself up with harsh words you'd never say to a friend. Encourage yourself the same way you'd encourage your buddy.
 - 3. Gratitude helps.** On your way to work or preparing for the day, think of at least one thing you're grateful for each morning. Then give yourself credit for getting up and showing up.
 - 4. Listening matters.** Leaders get trained to talk, but real strength is in listening. If someone opens up, you don't need to fix everything. Just listen. Being heard can make all the difference.
 - 5. You're not alone.** Most of us experience stress, family issues, money problems, or just feeling overwhelmed. Talking about it doesn't make you weak; it shows courage.
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Crew Challenge

Before we wrap up, let's each think of one thing we're grateful for outside of work. You don't have to share it out loud if you don't want to. Just take a second to notice it.

Remember: Safety isn't just about hard hats and gloves. It's also about taking care of your mental health and checking in with each other.
