



COPING WITH LONELINESS



Loneliness isn't just about being alone—it's about feeling like no one really sees you. And believe it or not, that can happen even in a crew of 20. Construction work can be isolating. Long hours, travel, high pressure, and stigma around talking about emotions can lead to a real sense of loneliness. And loneliness isn't just emotional—it affects sleep, focus, mental health, and even safety performance. The good news? Connection doesn't have to be complicated.

WHY ARE WE TALKING ABOUT LONELINESS?

Construction is often a team sport—but that doesn't mean it always feels that way. Whether you're traveling for work, working long shifts, or dealing with personal struggles, loneliness can sneak in. And it's more common than most people admit. Feeling lonely doesn't mean something's wrong with you. It just means you're human—and you're not the only one. This toolbox talk is about how to recognize loneliness, take steps to manage it, and support each other out here.

Why It Matters in Construction

- We're a tough crowd, but high rates of loneliness are linked to depression, anxiety, and even suicide risk—especially in male-dominated industries like ours.
- Productivity drops when mental health suffers. So does safety.
- Connection on the jobsite can protect mental health and build stronger teams.

WHAT LONELINESS LOOKS LIKE

Loneliness isn't just about being physically alone. It's about feeling disconnected. It can show up like this:

- Feeling like no one “gets” you—even when you're surrounded by people
- Withdrawing from conversations or skipping breaks with the crew
- Trouble sleeping or feeling drained, mentally or emotionally
- Increased use of alcohol or substances to “take the edge off”

It's not weakness. It's a warning sign—like a flashing check engine light on your mental health dashboard

HOW TO COPE AND STAY CONNECTED

Here are some small, practical things that make a real difference:

- Talk to someone you trust. A buddy, a supervisor, your partner. Don't bottle it up.
- Take breaks with others. Even if it's just for five minutes—connection happens in the small moments.
- Get outside support. Resources for support are available. Use them. That's what they're there for.
- Check in with others. If you notice a crew member pulling away, ask how they're doing.
- Stay engaged off the clock. Call a friend. Join a local group or gym. Small routines help.

Loneliness doesn't mean you're failing—it means you're human. In this industry, we look out for each other. That includes showing up not just for safety, but for mental health, too. If you're struggling, speak up. And if you see someone else struggling, reach out. We're stronger when we stay connected.

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