



# SELF-CARE & WELLNESS



Mental health is not just the absence of mental illness; it includes our overall emotional, mental, and social well-being. As construction professionals, you know our jobs demand focus and precision, and they can be physically demanding. We understand how important it is to care for our physical health and prevent injury. It is just as important to care for our mental health and take preventive action too.

The long hours, schedule demands, and challenges of our work can sometimes become overwhelming, which makes self-care and a wellness focus even more important.

## WHAT IS SELF-CARE?

Don't be fooled,  
Self-Care isn't all  
about massages  
and green juice.

Often times, conversations around self-care and wellbeing focus on luxuries like massages or other ways of 'treating yourself' but self-care actually refers to the actions you take to prioritize your mental, emotional and physical wellbeing to build resilience and maintain balance in your life.

Common misperceptions tell us that self-care is just 'self-indulgence' or selfish. Also, it can seem that self-care can require a lot of time and money. None of these are true.

Let's look at some ideas on how to incorporate self-care into your work and life:

- **Prioritize Breaks:** Taking short breaks throughout the day can help us recharge and stay focused. Use this time to relax, stretch, or engage in a quick mindfulness exercise.
- **Connect with Others:** Strong relationships with coworkers, loved-ones, and friends are important. Make time to connect and reach out, especially if you need support.
- **Set Boundaries:** Say 'no' when you are overwhelmed and ask for help when you need it. This will help you prioritize your wellbeing and avoid burnout.
- **Stay Active:** Our jobs can be physically demanding, by staying active we can support both our physical and mental health. Exercise - whether or not it is intense, can boost your mood and reduce stress.
- **Make Time For Yourself:** Find time for your favorite hobbies and activities. It might not be everyday, but carve out time to do the things you enjoy most- either by yourself or with others.
- **Practice Stress Management Techniques:** Whether it's deep breathing, grounding exercises, meditation, or physical activity, find what works best for you to manage stress effectively.

Remember, we all have mental health and just like our physical health, it requires proactive care and maintenance. Self-care isn't selfish.

Make time to for self-care and your wellbeing. Everyone's needs and self-care practices will be different, but we all need to support our mental health.

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