



CHECKING IN ON YOUR OWN MENTAL HEALTH



Just like physical health, **we all have mental health** and we need to do the work to maintain our health. Working in construction can be demanding and stressful. Long hours, tight deadlines, physical demands, challenging work, and safety risks can take a toll on our mental health. By regularly checking in on how we're feeling, we can catch potential issues early and take steps to address them before they become more serious.

PRACTICAL STEPS FOR CHECKING IN

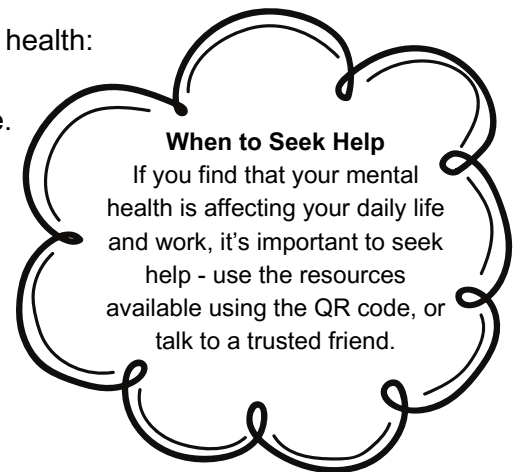
Here are some steps you can take to regularly check in on your mental health:

- **Self-Reflection:**
 - Take a few minutes each day to reflect on how you're feeling emotionally and physically.
 - Keep a journal to note your thoughts and feelings.
- **Assess Your Stress Levels:**
 - Identify sources of stress and consider how they are impacting you.
 - Look for patterns in your mood and behavior.
- **Use Mental Health Tools:**
 - Utilize mental health apps or online resources designed to help you track your well-being.
 - Try relaxation techniques such as deep breathing, meditation, or mindfulness exercises.
- **Talk About It:**
 - Share your feelings with someone you trust, such as a friend, family member, or coworker.
 - Don't be afraid to seek professional help if needed.

BUILDING HEALTHY HABITS FOR YOUR MENTAL HEALTH

Incorporating healthy habits into your routine can help maintain good mental health:

- **Get Moving:**
 - Engage in regular exercise. Even a short walk can make a difference.
 - Physical activity helps reduce stress and improve mood.
- **Healthy Eating:**
 - Eat a balanced diet rich in fruits, vegetables, and whole grains.
 - Avoid excessive caffeine and sugar.
- **Get Enough Rest:**
 - Ensure you get enough sleep each night.
 - Establish a regular sleep routine.
- **Social Connections:**
 - Maintain strong connections with friends and family.
 - Engage in social activities that you enjoy.
- **Take Breaks:**
 - Take regular breaks during the workday to rest and recharge.
 - Use your vacation time to relax and unwind.



Get Access to
Mental Health
Resources Now





Get Access to
Mental Health
Resources Now



Sign In

Date: _____

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

13 _____

14 _____

15 _____

16 _____

17 _____

18 _____

19 _____

20 _____

21 _____

22 _____

23 _____

24 _____

25 _____

26 _____

27 _____

28 _____

29 _____

30 _____