

Topic: Building resilience – in ourselves and our kids

May is Mental Health Awareness Month. It's important to remember you are not alone. Each year, one in five adults experiences a mental health condition, with less than half receiving treatment.

All people, no matter where they are on their mental health journey, are deserving of support, resources, fulfillment and a community that cares; this fosters resilience, the ability to bounce back from hardship with mental and emotional flexibility.

Tips for building resilience in ourselves

Accept mistakes: Failure is part of learning. It's not the end, just a step.

Talk it out: Put feelings into words can help. Share with someone you trust.

Find your people: Spend time with those who lift you up and help solve problems.

Take care: Sleep, good food and activities you enjoy fuel your resilience.

Helping our kids build resilience

It's okay to fail: Teach them that mistakes help us grow.

Feelings matter: Help kids name their feelings (mad, sad, etc.) so they can manage them.

Celebrate the wins: Recognize effort and overcoming setbacks, big or small.

Remember: You don't have to face challenges alone. Go to [UndertheHat.com](https://www.UndertheHat.com) for resources and support for you and your household.

Employee Assistance Program (EAP) providers vary from country-to-country and individual benefits packages. Please read the EAP eligibility statements noted within the materials under your country on [UndertheHat.com](https://www.UndertheHat.com).

CREW SIGNATURES

Project:		Supt:	
Date:		Foreman:	

Topic:

Crew Member Names
