

Awareness of your own mental health

Prioritizing your mental wellbeing is not selfish; it's essential. Neglecting your needs can lead to burnout and negatively affect both you and those you care about.

If you're not feeling like yourself, take a moment to assess your mental health.

By developing self-awareness and recognizing unhealthy patterns, you can take the first steps towards lasting change and a happier, healthier life.

Your mental and physical health are the foundation for everything you do. If you're struggling, prioritize self-care and seek help.

Your doctor, employee assistance provider/employee and family assistance provider or benefits department can provide resources.

Investing in your well-being benefits not only you, but also those around you.

Answer these simple self-awareness questions:

- How are you feeling today, really? Physically and mentally.
- What's taking up most of your headspace right now?
- What and when was your last full meal, and have you been drinking enough water?
- How have you been sleeping?
- What have you been doing for exercise?
- What did you do today that made you feel good?

How did you answer these questions? Are you struggling and need some support?

Try it: Check in with yourself once per week
Talk about it: Share with a loved one how you are feeling
Support others: Let me know you are there to listen
Get help: Reach out for support.

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
