

Overcoming loneliness at work

Feeling connected at work is vital. Loneliness can impact your health and performance. If you're feeling down, talk to someone—there's no shame in seeking professional advice.

Recognizing signs of loneliness at work:

- Not feeling engaged or motivated with your tasks.
 - Feeling like you don't really connect with colleagues.
 - Not putting in your best effort, and it shows in your work.
 - Avoiding hanging out during breaks or at lunch.
 - Feeling physically or mentally worn out all the time.
 - Keeping to yourself, not really talking to others.
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Strategies to combat loneliness:

1. Acknowledge it: It's normal to feel alone sometimes. Recognize it and take steps to connect.
2. Check-in with your crew: Grab a coffee or chat during breaks. Small interactions make a difference.
3. Join group activities: Participate in crew activities, during or after work.
4. Talk about more than just work: Share personal stories and interests to build stronger connections.
5. Celebrate Wins: Acknowledge achievements and milestones to bring the crew closer.

Building friendships on the job site:

1. Take initiative: Get to know who you work with, whether on the job site or after hours.
2. Be consistent: Strong friendships develop over time. Regularly hang out to build those bonds.
3. Make it count: When you are with your team, really be there. Engage in conversation.

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

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| Project: | | Supt: | |
| Date: | | Foreman: | |

Topic:

Crew Member Names

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