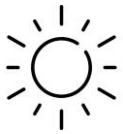


## Building a stronger you

Practical tips to build resilience and stay balanced on and off the job.



### Find your joy

Take a moment to go outside, see a friend or do something that brings you happiness.



### Stay connected

Maintaining strong relationships reduces stress and boosts wellbeing.



### Prioritize sleep

Healthy sleep can help you be productive and improve your mood.



### Embrace gratitude

Find one thing to be thankful for every day.



### Set a routine

Create a routine that gives you time to do things you enjoy.



### Say no

Only say yes to plans and activities that make you happy.

## Take action



Pick one tip to try this week.



Explore Under the Hat tools.

Start small and let these steps help you feel more balanced and supported.

*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
