

## Focus on this moment

Being present means paying attention to what's happening right now. This awareness helps keep us safe on the jobsite and helps us enjoy our lives more fully off the job.



### **Discussion starter:** **What helps you unwind?**

Take a moment to think about what you like doing when you're off the clock. Remembering these things can help ground you during stressful times at work.

### **Why it matters**

Thinking about something positive helps reduce stress, sharpen focus and helps keep you calm/aware on the jobsite.



### **Practice: Quick reset**

- Pause what you're doing for just a minute.
- Take a slow, deep breath through your nose, then breathe out slowly.
- Quietly notice the sounds around the jobsite for a moment.
  - Which sounds are closest or loudest?

## Take action

**1** Try this quick reset exercise on your next break.

**2** Ask a co-worker what they like doing to unwind after work.

*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://UndertheHat.com).*

# CREW SIGNATURES

Project:		Supt:	
Date:		Foreman:	

**Topic:**

Crew Member Names
