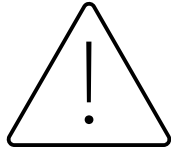


Build your bounce-back muscle

Everyone faces tough moments — a setback, a hard day or something bigger. Resilience is what helps you keep going.

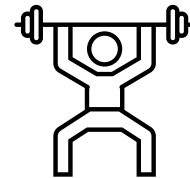


Why it matters

Resilience:

- Keeps stress from taking over.
- Helps you stay focused on the job.
- Supports long-term health and morale.

This is a skill you can build.
Under the Hat's mental health partners can help.



How to take action

Ways to build it:

1. Name it to tame it: Notice emotions without judgment.
2. Control what you can: Let go of what you can't.
3. Protect your energy: Make time for habits that restore you.
4. Talk it through: Don't carry stress alone.
5. Break problems down: Take them one step at a time.



← Scan for tools and support

Under the Hat connects you to resources to manage stress and stay focused.

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.

CREW SIGNATURES

Project:		Supt:	
Date:		Foreman:	

Topic:

Crew Member Names
