

## Care for the whole family

When things are tough at home, it's harder to stay sharp at work. You're not alone. Support is here for you and your family.



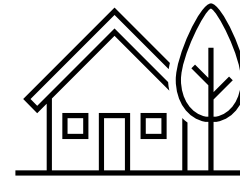
### Why it matters

Our lives off the clock shape how we show up on the job.

#### **Family stress can:**

- Throw off sleep and focus
- Make it easier to snap
- Burn us out in all areas of life

When we're steady at home, we're safer on site.



### Support your family

1. Ask how they're doing and just listen.
2. Keep routines like meals or walks. Stability helps.
3. Take a breath before you react. It helps everyone stay grounded.
4. Reset on breaks, so stress doesn't follow you home.
5. Share well-being tools with your family. Help them get support too.



### ← Scan to take action

Under the Hat connects you with mental health tools built for real life, including family 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://UndertheHat.com).*

# CREW SIGNATURES

Project:		Supt:	
Date:		Foreman:	

**Topic:**

Crew Member Names
