

# TOOLBOX TALK

## December: Finish the year strong

The end of the year can bring pressure that makes it harder to stay focused and work safely. A quick reset can help you finish strong and head into the new year with more energy.

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### How to take action

- Step away for a minute when it's safe to do so
  - Save your energy for what matters most
  - Pick one thing that helps you feel more like yourself — rest, move or talk to someone who gets it.
  - Check out simple stress tools at [UndertheHat.com](https://UndertheHat.com)
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**Discussion starter:** What's one healthy way you let go of stress after work?

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## Where to turn for confidential support



**Under the Hat** can connect you or your family to free, private support any time of day. Talk with someone who listens for free — no judgment and completely private.

*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
