

# TOOLBOX TALK

## Building mental strength

Mental strength affects focus, decision-making and how people respond when things don't go as planned. Having simple tools to reset can help you stay steady and work safely.

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### What mental strength looks like in practice

It shows up in three areas:

- How your body reacts under pressure
- Where your attention goes
- How you choose your next step

Small adjustments in these areas can help you stay focused and avoid rushed decisions.

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### Discussion starter

What helps you reset or refocus when you need it?

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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
