

TOOLBOX TALK

January: Starting the year strong

As you consider your goals for the coming year, remember that real growth is about progress, not perfection and it starts when you show up for yourself and your loved ones day after day.

Kickstart your year with these happiness tips



Move your body regularly



Stay connected to your friends/family



Prioritize sleep



Find one thing to be thankful for every day



Create a routine that gives you time to do things you love



Limit nonstop stress that can come from phone scrolling

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.

CREW SIGNATURES

Project:		Supt:	
Date:		Foreman:	

Topic:

Crew Member Names
