

TOOLBOX TALK

Thriving at work: Ready for the day

A strong day on the job starts with an honest check-in. Make sure you are ready for the work, and if something changes, stop and re-evaluate.

How to take action

- **Check-in:** Ask yourself, how am I doing today?
- **Having a rough day?** If so, speak up. Ask your FLS for help when you need it.
- **Use your breaks:** Take time to reset and refocus.
- **Stay hydrated:** Are you drinking enough water?
- **Eat well:** Are you doing enough to keep your energy up?
- **Pay attention to the temps:** Heat can wear you down faster, don't ignore it if you don't feel like yourself.

Discussion question

What are early signs you or someone else may need a reset?

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://www.UndertheHat.com).

