

TOOLBOX TALK

Mind and Body – Don't ignore the signals

Your body and mind work as one system. Pain, poor sleep or stress can affect your focus and reaction time. When something feels off, it's a signal worth paying attention to.



What to watch for

- Feeling worn down
- Trouble sleeping
- More headaches, tension or body aches
- Getting frustrated faster
- Pulling back from people

What to do about it

- Notice the signal
- Reset before it builds
- Let someone know
- Check on each other
- Use support through Under the Hat

Discussion question

What is one sign your body gives you when stress or fatigue is starting to build?

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.

