

Keep your head clear, your work sharp

This May, for Mental Health Awareness Month, we're focusing on quick mental resets — simple ways to pause, clear your head and stay sharp on the job. Let's make sure our crew members are not only physically safe, but also mentally well on the job.



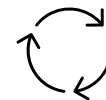
Why it matters

Stress. Anxiety. Feeling low. It hits more people on the job than you think.

Watch for signs like:

- Lack of focus
- Slower reaction times
- Impaired decision making

If someone's not right, check in with them.



Five ways to reset

Grab water. Take a walk: Give your brain a breather.

Stretch it out: Even 30 seconds helps.

Look up: Take your eyes off the task to reset focus.

Say something: If you are feeling overloaded, speak up.

End your shift clear: Take a minute to reset before heading out.

Take action



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.

