

TOOLBOX TALK

Strengthening Relationships

Why it matters

The people close to us shape how we handle hard days.

- Partners, kids, friends and crew all deserve real attention
- August and back-to-school routines can pile strain on home life
- Strong connections keep you steady and help you bounce back

What you can do

- Step out of the same old argument with your partner
- Check in with your kids as school ramps up
- Reach out to a friend you've lost touch with
- Keep routines like meals or walks — stability helps
- Share well-being tools with your family, they also get free and confidential support as well

Discussion question

Which relationship could use a little more attention this month?

Where to turn for confidential support



Under the Hat connects you and your family to free, private support any time, day or night. Talk to someone who listens — no judgment, ever.

Employee Assistance Program providers vary by country and individual benefits package. Please review the eligibility statements under your country on UndertheHat.com.

CREW SIGNATURES

Project:		Supt:	
Date:		Foreman:	

Topic: Strengthening Relationships

Crew Member Names
