

TOOLBOX TALK

Managing Financial Stress

Financial stress is more than a money problem; it can take a toll on your mental and physical health. Worries about bills, debt or making ends meet can disrupt your sleep and follow you through the workday. Taking that stress seriously is part of taking care of yourself.

Ways to manage financial stress

1

Talk it out

Share money worries with a trusted friend, family member or mentor.

2

Make a budget

Write down what you earn, spend and owe.

3

Seek mental health support

Get support when money stress feels overwhelming.

Discussion question

What's one healthy thing you can do when money stress starts to feel overwhelming?

Where to turn for confidential support



Under the Hat connects you and your family with free, confidential support—any time, day or night. Talk with someone who will listen without judgment. Your conversations are completely private.

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: Managing Financial Stress

Crew Member Names
