

REDEFINING TOUGH

A Construction Challenge for Mental Health & Suicide Prevention

This challenge redefines what it means to be TOUGH in construction – where real strength is found in connection, awareness, and support.

NAME: _____

TOUGH Focus	Daily Focus Action – complete one of the three options weekly BONUS – complete once within three weeks	Check Off
DAY 1 - MONDAY TALK IT OUT Start the conversation. You don't have to go through it alone.	<ul style="list-style-type: none"> • Check in on a coworker: “How are you really doing?” and practice active listening. • Call a friend/family member you haven't spoken to in a while – catch up. • Share how you're feeling with someone you trust. BONUS (ONE TIME): Write It, Don't Fight It Write down what you've been carrying mentally—no filter, no structure. Then rip it up and toss it out to let it go.	WEEK 1 <input type="checkbox"/> WEEK 2 <input type="checkbox"/> WEEK 3 <input type="checkbox"/> BONUS <input type="checkbox"/>
DAY 2 - TUESDAY OUTSIDE ACTIVITY Spend time in fresh air and sunlight to clear your head.	<ul style="list-style-type: none"> • Take a walk around the job site or in the office. • Eat lunch outdoors instead of inside a truck, trailer, or office. • Stretch in the morning before shift or afternoon after shift. BONUS (ONE TIME): Sit with Stillness Find a spot outside (bench, curb, truck bed, tailgate). Sit in silence for 10 minutes—no distractions. Let your mind wander without judgment.	WEEK 1 <input type="checkbox"/> WEEK 2 <input type="checkbox"/> WEEK 3 <input type="checkbox"/> BONUS <input type="checkbox"/>
DAY 3 - WEDNESDAY UNPLUG Take time away from screens and job stress to rest.	<ul style="list-style-type: none"> • Turn off your phone or put on Do Not Disturb after dinner. • Leave your phone in truck, trailer or at desk during breaks. • Silence notifications for an hour to reset. BONUS (ONE TIME): No social media all day - 24 hours.	WEEK 1 <input type="checkbox"/> WEEK 2 <input type="checkbox"/> WEEK 3 <input type="checkbox"/> BONUS <input type="checkbox"/>
DAY 4 - THURSDAY GIVE BACK Support others. A simple act of kindness can go a long way.	<ul style="list-style-type: none"> • Give someone a handwritten thank you. • Do a random act of kindness for a team member. • Donate items or money to your favorite charity. BONUS (ONE TIME): Let someone know how they positively impacted you.	WEEK 1 <input type="checkbox"/> WEEK 2 <input type="checkbox"/> WEEK 3 <input type="checkbox"/> BONUS <input type="checkbox"/>
DAY 5 - FRIDAY HANG OUT WITH OTHERS Say connected to the people who matter the most.	<ul style="list-style-type: none"> • Schedule an outing or get together with a friend. • Share a meal together with someone – cook or order in. • Have a No Phones Hour with someone and just talk. BONUS (ONE TIME): Organize or participate in a project site activity such as a stand-down or team building.	WEEK 1 <input type="checkbox"/> WEEK 2 <input type="checkbox"/> WEEK 3 <input type="checkbox"/> BONUS <input type="checkbox"/>
DAY 6 - SATURDAY YOUR CHOICE – EXTRA	<ul style="list-style-type: none"> • Repeat the challenge that helped you the most this week. • Combine two – like Unplug and Go Outside. • Write a positive message on a sticky note and leave it in a public space. 	WEEK 1 <input type="checkbox"/> WEEK 2 <input type="checkbox"/> WEEK 3 <input type="checkbox"/>
OPTIONAL - WEEKLY CHOOSE ONE PHOTO OPPORTUNITY	<ul style="list-style-type: none"> • Submit ANY picture that you think represents the Redefining TOUGH challenge. • Submit a picture of you with the words “Tomorrow Needs You” in the picture. • Submit a picture of you/your team doing a walk or outside activity. Pictures can be emailed to welness@miron-construction.com . We want to hear from you! Share your location and reason for participating.	PIC 1 <input type="checkbox"/> PIC 2 <input type="checkbox"/> PIC 3 <input type="checkbox"/>