Construction Wellness Challenge

This challenge honors what's working while continuing to move forward by breaking down barriers, strengthening well-being, building connections, and knowing where to turn for help.

This is a 4-week interactive challenge with simple weekly actions to help build on the progress of raising awareness for suicide prevention.



NAME: _____

WEEK 1: **BREAK DOWN BARRIERS**

Talking about mental health is a strength through shifting your mindset and normalizing honesty.

- ☐ **ONE THING PEOPLE DON'T SEE** – Write down one stressor people wouldn't know you're carrying.

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- ☐ **SWAP THE PHRASE** – Catch a "tough it out" style phrase and reframe it (mentally or out loud).
- ☐ **1-MINUTE HONESTY CHECK** – Ask yourself: How am I really doing today (1-10)?
- ☐ **BARRIER BREAKER BOARD** – Add one reason people don't speak up, then flip it with a solution.

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- ☐ **LISTEN WITHOUT FIXING** – Spend two minutes listening to someone without giving advice and just be there for them.
- ☐ **MYTH VS REALITY** – Read a posted myth and learn the truth. *CLICK HERE* or scan the QR code.

WEEK 2: **STRENGTHEN THE FOUNDATION**

Taking care of yourself builds strength. Focus on energy, burnout prevention, and realistic self-care.

- ☐ **ENERGY CHECK-IN** – Rate your energy at the start and end of the day. **START:** 1 2 3 4 5 **END:** 1 2 3 4 5

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- ☐ **UPGRADE ONE HABIT** – Pick one small habit to upgrade, such as water, sleep, stretching, less caffeine, etc.
  What was the habit and what was the upgrade? _____

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- ☐ **TAKE 5 RESET** – Take five minutes alone (no phone) to reset during the day.
- ☐ **END-OF-DAY SHUTDOWN** – Set a "clear your mind" moment where you take a breath at the end of your workday each day this week before you leave in order to leave with clarity.
- ☐ **MOVE YOUR BODY** – Get three workouts in this week. ☐ ☐ ☐
- ☐ **BODY SIGNAL AWARENESS** – Notice one physical sign of stress (tight shoulders, headache, fatigue) and take some time to reset (stretch, walk, meditate, ect). _____

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WEEK 3: **BUILD CONNECTIONS**

We look out for each other and take time for real connection.

- ☐ **GO BEYOND SMALL TALK** – Ask someone one question beyond, "How are you?" (e.g., What's been stressing you lately? Or What's been good?) What question did you asked? _____
- ☐ **SILENT SUPPORT** – Just sit with someone who might be struggling, busy, or needs a few second to breathe. There's no pressure to talk. Just be there.
- ☐ **RECOGNIZE SOMEONE** – Take time for a shout-out to a coworker through Recognize It or your own way of recognizing someone. Who did you recognize and why? _____

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- ☐ **CONNECTION CHECK** – Ask yourself: Who haven't I checked in with at work in a while? Then, checkin with them. Who did you checkin with? _____
- ☐ **FAMILY/FRIEND CHECK-IN** – Text or call someone outside of work just to connect. Who did you connect with?

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- ☐ **LEARN ONE WARNING SIGN OF A STRUGGLE** – Read about warning signs of a mental health struggle so you are equipped to help direct someone to resources. *CLICK HERE* or scan the QR code.

WEEK 4: **SECURE THE PATH FORWARD**

Knowing where to turn can save a life. Be prepared and have confidence in getting someone the help they need, including you.

- ☐ **SAVE IT NOW** – Actually save ***988*** or another resource for help in your phone.
- ☐ **MY GO-TO LIST** – Write down the names of three people who you can reach out to if you are struggling. Keep them on your phone, on your fridge, in your wallet, etc.
- ☐ **PRACTICE THE WORDS** – Think about what you would say if you were struggling or what you would say to someone else who is struggling.
- ☐ **KNOW YOUR BENEFITS** – Take two minutes to read about the EAP resources available to you along with other resources on our Mental Health Hub. *CLICK HERE* or scan the QR code.
- ☐ **FUTURE ME** – Write down one reminder for yourself on tough days. What is the reminder?

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- ☐ **WATCH ONE MIRON VIDEO** – Watch Miron's Tomorrow Needs You Video to hear from others in the industry who care. *CLICK HERE* or scan the QR code.

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