



TOOLBOX TALK:

What is a Mental Health Day?



WHAT IS A MENTAL HEALTH DAY?

STANDUP

When you think about a mental health day, what comes to mind? Maybe journaling and a bubble bath? A day at the nail salon? Probably something a little un-manly that maybe causes you to write off the idea of taking a mental health day immediately. But taking care of your mental health doesn't look the same for everyone. Self-care isn't just what pop culture tells us it is and there isn't one right way to reset.

No matter how you choose to do it, that rest and reset is critical to keeping you happy, healthy, and productive the rest of the time.

What Does a Reset Look Like?

Maybe it's taking a day off. Maybe it's getting caught up around the house, going fishing, hitting the gym, working in the garage, spending time with family, or simply having some time where nobody needs anything from you.

Know When You Need a Reset

In construction, taking an unexpected day off isn't always realistic. There are schedules, overtime, travel, crews depending on each other, and for many people, missing work also means missing pay.

But we can still recognize when work, life, or both are starting to pile up.

Stress might look like being more frustrated or short-tempered than usual, having trouble concentrating, making mistakes you normally wouldn't make, sleeping poorly, or carrying problems from home onto the job, and from the job back home.

Sometimes we recognize those changes in ourselves. Sometimes a coworker notices them first.

Find What Works for You

A reset doesn't always require a full day off. Sometimes it's simply making time for something that helps you recharge. What matters is recognizing when you need it and finding what works for you.

Discussion Questions:

1. What helps you reset after a tough day or stressful week?
2. What's something outside of work that helps you get your mind off the job?
3. How can you tell when stress is starting to affect you?