# Mental Wellness

In construction “Mental Wellness,” refers to our craft workers ability to cope with a job-related stress, maintain emotional balance, stay focused and alert on the job, and seek help when needed- while working in a high-risk, high-demand environment. It includes psychological resilience, social support, healthy habits and access to resources that protect mental health.

# Wellness Strategies for Construction Workers

Practical tools for staying mentally strong on and off the job site.

## Start the Day with a Mental Reset

* Take 2–3 deep breaths before stepping onto the job. Use that moment to mentally set the tone.

## JHA

* JHA’s are not just going over the hazards of the work ahead, they are mental dress rehearsals, where you visualize what work you perform.
* JHA’s are a natural, non-invasive moment for supervisors to notice if someone seems off. Simply asking, “You doing okay?” or “You good today,” can make a difference.

## Ergonomics

* Physical readiness can reduce fatigue and discomfort, this promotes mental clarity.
* Involving workers in identifying hazards builds confidence and a sense of control.

## Use Breaks as Mental Recovery

* Don’t skip breaks. Even a 5-minute pause can help reduce stress. Use break time to get fresh air, stretch out tight muscles, or call a friend who pours into you.

## Buddy System for Mental Check-Ins

* Pair up with a coworker for informal “check-in” chats during the week. Ask each other: “You doing alright?” or “How’s your head today?”

## Stay Hydrated & Eat Real Meals

Dehydration and sugar crashes affect your mood. Fuel with protein and whole foods when possible—jerky, nuts, fruits. Avoid skipping meals or relying on only energy drinks.

* <https://www.daily-harvest.com/>
* <https://www.eatingwell.com/>
* <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

## Keep a Mental Toolbox

Use coping tools just like physical ones: Calm breathing, listening to music, using a stress ball, or mindfulness apps before/after work.

## Don’t Tough It Out Alone

Mental stress is not weakness—it’s a safety hazard. Reach out to a supervisor, HR rep, or hotlines like 988 or 741741.

## Limit After-Work Overload

Take 15–20 minutes to decompress after work: shower, stretch, sit quietly, walk the dog, or listen to music.

* <https://www.headspace.com/meditation/stress>

## Be Honest About Burnout

Chronic exhaustion, frustration, or anxiety are warning signs. Take sick days for mental health and talk to someone you trust.

## Join Peer Groups or Site Talks

Participate in toolbox talks about mental health or peer-led support circles—even informal ones.

## Use Technology to Your Advantage

Try apps like Moodfit, Insight Timer, Calm or Headspace to manage stress and sleep.

* <https://calmharm.co.uk/>
* <https://www.bettersleep.com/>
* <https://minddoc.com/>