

LET'S TALK

MENTAL
HEALTH

Awareness of Your Own Mental Health

We often spend so much time taking care of others we can forget to take care of ourselves. You may recognize you don't feel like yourself, but not realize how it's affecting your life or those around you.

Good mental health helps you bounce back from stresses and thrive in your daily life.

The first step to improving and maintaining good mental health, is self-awareness. Without taking the time to check-in, you may find yourself stuck in the same cycles that are harming your mental health.

You can't perform at work or take care of your family if you're unwell - mentally or physically.

If you are struggling, practice self-care. Take the time to check-in and get help if you are struggling. Your family doctor, employer's EAP / MAP, or your insurance company can all provide support and mental health resources. As you stay on top of your mental health, over time you will realize you're starting to feel better, and your family and coworkers will notice it too.

Answer these simple self-awareness questions:

- How are you feeling today, really? Physically and mentally.
- What's taking up most of your headspace right now?
- What and when was your last full meal, and have you been drinking enough water?
- How have you been sleeping?
- What have you been doing for exercise?
- What did you do today that made you feel good?

How did you answer these questions? Are you struggling and need some support?



Try It

Try to check in with yourself 1 time per week



Talk About It

Share with a loved one how you're feeling



Support Others

Let them know you there to listen and find help if needed



Get Help

Reach out to your doctor for support and guidance

“

There is a misconception that if you show up for work and have a smile on your face, you must be okay.

Looking back, I didn't know how powerful poor mental health could be - which led to me not taking care of myself, putting on a brave face, smiling through the pain, clothing my demons and battling on.

Awareness of my own mental health has helped me recognize triggers, and when it's trying to regain a foothold, I can take the actions to prevent it from getting worse.

”

Call or text - 988
suicidepreventionlifeline.org



SIGN IN

1. _____	16. _____
2. _____	17. _____
3. _____	18. _____
4. _____	19. _____
5. _____	20. _____
6. _____	21. _____
7. _____	22. _____
8. _____	23. _____
9. _____	24. _____
10. _____	25. _____
11. _____	26. _____
12. _____	27. _____
13. _____	28. _____
14. _____	29. _____
15. _____	30. _____



Scan for mental
health resources



HOLD ON PAIN ENDS



AGCMO
MISSOURI CHAPTER
THE CONSTRUCTION ASSOCIATION