

# Expressing Gratitude

A Construction Suicide Prevention Partnership Toolbox Talk \*

[www.suicide-stops-here.org](http://www.suicide-stops-here.org)

Construction Suicide Prevention Partnership's NOT TODAY Program is built around the theme of Restore, Refocus, and Recover. Gratitude plays a critical part in restoring belief, refocusing the mind, and recovering from a hard day's work. In this toolbox talk, let's give thanks to the people we work side by side with, discuss our gratitude for one another, and share stories about why teamwork, friends, and family are critical to our physical and mental well-being. Let's take some time to restore some joy, refocus on gratitude, and recover what matters.

Our industry is embracing safety and mental wellness more than ever. Our workers continue to be professionals and are reducing risks and accidents on our projects.



## Meeting Ideas and Preparation

<h3>Thank You Notes</h3> <p>Pass out a handwritten thank you note at the toolbox to each crew member</p> 	<h3>Banners</h3> <p>Order a gratitude/thank you banner that has a very personal feel to be hung at the job site and can be signed.</p> 
<h3>Meals</h3> <p>Provide a meal for the whole team. Encourage everyone to eat in the same space together.</p> 	<h3>Giveaway Items</h3> <p>Provide a small daily reminder of the team's gratitude to the folks building the work. An example could be personalized wristbands.</p> 
<h3>Recognition</h3> <p>At the end of shift, staff host a moment of recognition as craft leaves for the day. An example could be an applause line.</p> 	<h3>Scan the QR code for video toolbox talks</h3> 

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## Discussion Questions for the Group

### What does being part of a crew/team/family mean to you?



- The people you work next to you become an extension of your family.
- You care about their safety and well-being, as well as your own.
- Engage with your crew members and build team comradery.

### When was a time that you were a brother/sister's keeper for a member of your crew?

- Share a personal story that has stuck with you.
- Thank a member of your crew for looking out for you and keeping you safe.
- Share what you learned from your experience.



### How will you personally commit to caring for yourself and the ones around you?



- Getting enough sleep and eating well.
- Listening to my co-workers.
- Spending time with my loved ones.

### What are you grateful for?

- Talk about your close family and friends, and why it is important that you go home safe each day.
- Share your favorite hobbies that you can do because you care about yourself and others around you.
- Thank your crew for looking out for you so you can continue to be there for the people you love most.

