



August

Being Present



Taking a holistic approach to safety means embracing the body/mind connection, paying attention to our thoughts, valuing sleep, and eating well.

Numerous distractions abound in our job sites. Construction sites are not wellness retreats, but there are ways to sharpen our focus and ease mental tensions. On and outside the construction site, we will never control everything that happens, but we can develop a present focused mindset that increases our cognitive flexibility, enhances our connections, and improves our mental health.

In construction, safety requires us to hold two opposing ideas(job productivity and self-care) in our minds and still retain the ability to function. Being present is like walking a steel beam; breathing and pausing can help balance dynamic paradoxes where safety isn't just mitigated but mastered.

Talking Points

Here are some tips for being in the moment:

- Eliminate distraction, even if it just stepping away from your work assignment
- Slow down, pause, and be still
- Listen more and talk less

PRACTICE:

- Writing down your thoughts in a journal.
- Self Check-in with H.A.L.T Method:
 - Are you Hungry, Angry, Lonely, or Tired?

Your Toolbox



Being Present Toolbox Talk



Thought Tracker



HALT METHOD

Reliable Resources



Headspace: How to Be Present



Blue Beam: Benefits of Meditation in Construction