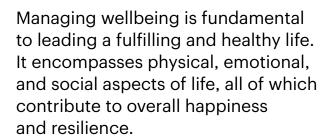
Blueprint to manage wellbeing

In partnership with:





Taking proactive steps to care for one's wellbeing can have profound, far — reaching benefits.

Mental health symptoms you may be experiencing

- Anxiety excessive worry, agitation, panic or fear
- · functioning, change in behaviors
- Suicidal Thinking thoughts of death, wanting to die, making suicide plans
- Substance Abuse increased use of alcohol or other substances

We are bombarded by news that causes stress, worry and anxiety.

Tools to manage and improve your health



Assess your tool box

Instead of meeting on — site, take 10 minutes to think about and write down how your current environment is affecting you, your thoughts, feelings, behaviors and new demands. This will help you organize your thoughts and gauge the level of stress you are experiencing.





Build one level at a time

Set realistic goals that can be done in one day to bring a sense of accomplishment into your life daily. Make new routines that can help you stay on track to complete your projects and reach your goals.



Tie off and stay connected

Being connected to people and things we care about matters. Off site, connect with others through social media, phone calls, texts and video chats.



Underpin and strengthen your boundaries

Consuming too much news, social media, alcohol, or food can negatively impact you. Set boundaries and load limits for yourself to stay well — balanced.

Access our WTW resource library with tools designed specifically to improve mental health in the construction industry. Click here



Process change orders

In times of uncertainty, be prepared for changes. Changes can create more stress, but can also be opportunities. Adjust your plans frequently and minimize conflicts as much as possible.



Create a personal JSA

Keep an updated list to get you to the finish line: health records, financial documents, legal contracts, employment information and resources.



Cross — brace your body and brain

Both your physical and mental health may be impacted by the crisis, so it is important to keep up with basic health habits like eating right, sleeping well and getting exercise. Keep your brain healthy through word games, writing, playing music, or learning a new skill.

To learn more about suicide prevention, visit save.org.

Disclaimer

Willis Towers Watson hopes you found the general information provided in this publication informative and helpful. The information contained herein is not intended to constitute legal or other professional advice and should not be relied upon in lieu of consultation with your own legal advisors. In the event you would like more information regarding your insurance coverage, please do not hesitate to reach out to us. In North America, Willis Towers Watson offers insurance products through licensed entities, including Willis Towers Watson Northeast, Inc. (in the United States) and Willis Canada Inc. (in Canada).

About WTW

At WTW (NASDAQ: WTW), we provide data-driven, insight-led solutions in the areas of people, risk and capital. Leveraging the global view and local expertise of our colleagues serving 140 countries and markets, we help you sharpen your strategy, enhance organizational resilience, motivate your workforce and maximize performance. Working shoulder to shoulder with you, we uncover opportunities for sustainable success — and provide perspective that moves you. Learn more at wtwco.com.



wtwco.com/social-media

Copyright © 2024 WTW. All rights reserved. WTW-147650/04/24

