



TOOLBOX TALKS

Guides for discussing safety.



Wellness

Talk Leader: Ask the group the questions in bold.
You may read/refer to the unbolded text to facilitate discussion and understanding.



What do we mean when we say wellness?

Wellness is a dynamic process of becoming aware of, making changes, and growing as a person. Wellness can also be explained as the state of being in good health as being free from illness and leading a healthy life.

How do we pursue wellness?

Wellness is achieved through both physical and mental health. Physical wellness includes managing healthy food options, getting to bed on time, and getting physical exercise in daily. Your environment can also have an impact on your physical being whether that is noise, pollutants, or other harmful factors. Mental wellness includes keeping an open mind each day, exploring new ideas, and learning new things. Keeping an open mind will encourage you to listen to others and to understand their perspectives. Creating these small changes each day will help you form new positive habits while pursuing wellness.

What are ways to practice wellness on the job site?

Preparation is key for practicing wellness on the job site. Prepare by first identifying hazards and how to correct them, plan fatigue management throughout the project, and make sure to stretch throughout the day. Communicate with others on the team or on the site to improve relationships throughout the project. Ask for help or assistance when necessary. Be sure to take breaks as needed so you don't become overworked.

How do you practice wellness in your life?

Have team members share one thing that they do each day that contributes to their wellness.

Sources:

<https://shcs.ucdavis.edu/wellness/what-is-wellness>

<https://www.merriam-webster.com/dictionary/wellness>

