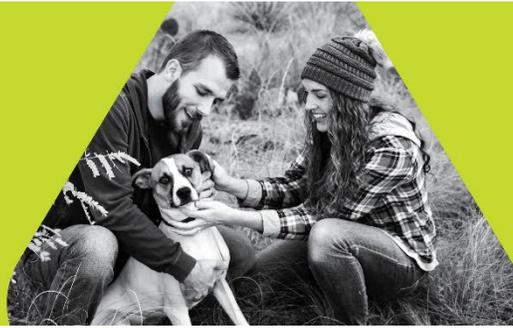


WORK SAFE. HOME SAFE.



Caring for Your Mind Is Caring for Your Safety

We talk a lot about physical safety, but your mental health is just as important, especially in a busy season like this one.

Stress is normal. What matters is how we manage it. If you're feeling run down, disconnected or like you're carrying more than you can, you are not alone, and there are ways you can reset.

Here are a few things that can help:

- **Take real breaks.** Even five minutes away from your desk can make a difference.
- **Focus on one thing at a time.** Multitasking adds pressure AND usually slows us down.
- **Check in with yourself.** Are you sleeping enough? Eating well? Enjoying anything outside of work?
- **Reach out sooner, not later.** Whether it's a friend, a coworker or a professional, talking HELPS.
- **Know the signs.** If you're constantly tired, irritable or just feeling "off," don't brush it off.

You also have access to support. If things ever feel overwhelming, you can call, text or chat **988**, the Suicide & Crisis Lifeline, for free, confidential help, 24/7.

Taking care of your mental well-being isn't a luxury. It's part of staying well, staying strong and getting home safe.

Share the reminders with others with our [safety poster](#).

Find more safety tools here:

- Subscribe to our [YouTube channel](#) for videos.
- Follow Get Home Safe North Dakota on [LinkedIn](#) and [Facebook](#) for more tips and resources.

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