

Tools for Life – Weekly Health & Safety Meeting

The logo for Apollo Mechanical Contractors is contained within a dark blue oval. The word "Apollo" is written in a white, cursive script font. Below it, the words "MECHANICAL CONTRACTORS" are written in a white, sans-serif, all-caps font, flanked by two horizontal white lines. Underneath that, the tagline "Building People Who Build Great Things" is written in a smaller, white, sans-serif font.

Apollo

— MECHANICAL CONTRACTORS —
Building People Who Build Great Things

Suicide Prevention Protective Factors

July 2021

Sense of Purpose

Having a sense of purpose in life and work is a recognized protective factor that helps prevent suicidal thoughts and behaviors. A sense of purpose is whatever you believe in. It is your driving force, your motivation, your guiding light to living a life that you think will satisfy you.

If you need help finding your sense of purpose, it is beneficial to spend time doing a little self-investigation. You might want the help of a professional counselor but its also possible to do this alone. There are many articles and videos online that provide instructions on how to do this. Below are a few tips to finding meaning in life:

1. Follow your gifts and talents. What comes naturally to you? What makes you feel best?
2. Make great connections. You are the average of the five people you spend the most time with. Spend that time with people who lift you up and increase your energy levels.
3. Set goals. You don't have to spend hours every week writing down your goals, but have a general idea of what you are working towards and take action each week to accomplishing them. Take the staircase one step at a time.
4. Help others. Helping other people makes us feel good, makes us feel worthy and gives us a sense of purpose.
5. Quit watching TV. Challenge yourself, better yet, challenge your work group to a week with no TV. What will you choose to do with that time? You may realize how addictive the TV is and how much negativity comes from it.
6. Do something you always wanted to do. Identify that thing and go do it. Don't let someday get away from you. The time has come to check off those bucket list items.

If you are wondering what your purpose in life is, take the time to discover it. Leading a life you choose to live is a positive way to

HEALTH REMINDER: "There is no greater agony than bearing an untold story inside you." Maya Angelou

reduce depression, anxiety, and hopelessness. It helps strengthen your resiliency and protects us against suicidal thoughts and behaviors. There are many resources for discovering your purpose including professional counselors, books, podcasts and YouTube videos. Find one that meets your needs.

Discussion Points/Quiz Questions:

1. Do you know anyone you can help this week?
2. What things do you do that make you feel good about yourself?
3. Set up a workplace challenge to give up TV for a week.