



BEYOND THE HARD HAT

THE MIND-BODY CONNECTION
TO SAFETY, STRESS AND LEADERSHIP

THE 7-DAY MIND-BODY RESET

A practical field guide to managing stress, building resilience
and leading with intention.

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The Person Under the Hard Hat

Your greatest tool is not something you carry.

It is how you care for the person beneath the hard hat.

Deadlines, safety decisions, difficult conversations and responsibilities at home can keep your body on alert long after the shift ends. Stress is not a character flaw. It is information worth noticing.

YOUR THREE-STEP APPROACH

RECOGNIZE — Notice early signals in your body, thoughts and behavior.

RESET — Create a moment of steadiness before pressure builds.

RESPOND — Choose your next useful action, rather than autopilot.

SAFETY FIRST

Use these exercises only in a safe place. Never while driving, operating equipment, working at heights or performing safety-critical tasks. Follow jobsite procedures first. This guide does not replace safety training or care.

What do I want to get out of this guide?

Recognize: Your Stress Dashboard

Your warning lights are information, not a judgment.



GREEN LIGHT — READY & REGULATED

Focused, present and flexible; breathing comfortably and able to respond thoughtfully.



YELLOW LIGHT — CAUTION

Tight jaw, shallow breathing, irritability, racing thoughts, rushing or scattered attention. Time to check in and reset.



RED LIGHT — STOP & RESET

Overwhelmed, reactive, frozen or unable to concentrate. Pause in a safe place and seek support when needed.

What are my earliest yellow-light signals?

What can I do before I reach red?

Reset: The 60-Second Check-In

Step away from hazards and pause safety-critical activity first.

0-15 SECONDS | NOTICE

Feel your feet on the ground. Relax your jaw and shoulders if comfortable.

15-35 SECONDS | BREATHE

Let your breath settle naturally. Gently lengthen the exhale if comfortable.
Do not force or hold your breath.

35-50 SECONDS | ORIENT

Notice three things you see and one point of contact, like your boots.

50-60 SECONDS | CHOOSE

Ask: What matters most right now? What is one safe, useful action?

My go-to reset cue:

Respond: Under Pressure

Create space for a clear decision without ignoring the problem.

THE P.A.U.S.E. PROMPT

- P — Pause when it is safe.
- A — Acknowledge what is happening in your body.
- U — Understand the immediate facts, not just assumptions.
- S — Select the next safe and constructive action.
- E — Engage with clarity and respect.

The situation or trigger:

My automatic reaction:

My intentional response:

Lead Yourself, Lead Others

Your state affects the room, the crew and the people at home.

1. Am I communicating clearly or simply quickly?

2. Have I made it safe for someone to raise a concern?

3. What would a steady, respectful response look like?

30-SECOND CREW CHECK-IN

Before a meeting or shift, ask: What is our biggest pressure point today?
What needs clarification? Is there a safety concern to address?

One leadership habit I want to practice:

Your 7-Day Reset Challenge

Five to ten minutes a day. Consistency matters more than perfection.

01

Check Your Gauges

Notice how stress shows up in your body.

02

Identify Your Triggers

Notice what shifts you into stress mode.

03

Reset Your System

Practice a safe, comfortable calming technique.

04

Fuel Your Foundation

Support sleep, hydration, nourishment or recovery.

05

Respond, Don't React

Use P.A.U.S.E. before a difficult interaction.

06

Lead From Within

Practice steady listening and clear communication.

07

Build Your Blueprint

Choose habits to continue for 30 days.

How to Use Your 7-Day Journal

A few minutes of awareness can change the way you move through the day.

This is not another task to do perfectly. It is a chance to check in with yourself, notice patterns and practice small changes. There are no right or wrong answers.

Each day, record your stress level, three things you appreciate, what you notice in your body, how you feel emotionally and what you need. Try the daily challenge.

At night, reflect briefly on what went well and what you learned.

RECOGNIZE → RESET → RESPOND

Recognize your signals. Reset when it is safe. Respond with intention.
A small step practiced consistently can become a useful habit.

A NOTE ABOUT GRATITUDE

Gratitude does not mean denying what is hard. You can appreciate something good and acknowledge stress at the same time.

What would make these seven days worthwhile?

Day 1 — Check Your Gauges

Notice how stress shows up in your body.

MY STRESS LEVEL TODAY

0	1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Three things I am grateful for:

What do I notice in my body?

What am I feeling emotionally?

What do I need? What is one action I can take?

TODAY'S CHALLENGE

Pause three times and notice your breathing, muscles and thoughts.

EVENING: What went well? What did I learn?

Day 2 — Identify Your Triggers

Notice what shifts you into stress mode.

MY STRESS LEVEL TODAY

0	1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Three things I am grateful for:

What do I notice in my body?

What am I feeling emotionally?

What do I need? What is one action I can take?

TODAY'S CHALLENGE

Write down one trigger and what happened inside you before reacting.

EVENING: What went well? What did I learn?

Day 3 — Reset Your System

Practice a safe, comfortable calming technique.

MY STRESS LEVEL TODAY

0	1	2	3	4	5	6	7	8	9	10
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Three things I am grateful for:

What do I notice in my body?

What am I feeling emotionally?

What do I need? What is one action I can take?

TODAY'S CHALLENGE

Take two minutes for comfortable breathing in a safe place.

EVENING: What went well? What did I learn?

Day 4 — Fuel Your Foundation

Support sleep, hydration, nourishment or recovery.

MY STRESS LEVEL TODAY

0 1 2 3 4 5 6 7 8 9 10

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Three things I am grateful for:

What do I notice in my body?

What am I feeling emotionally?

What do I need? What is one action I can take?

TODAY'S CHALLENGE

Choose one foundational habit to support today.

EVENING: What went well? What did I learn?

Day 5 — Respond, Don't React

Use P.A.U.S.E. before a difficult interaction.

MY STRESS LEVEL TODAY

0 1 2 3 4 5 6 7 8 9 10

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Three things I am grateful for:

What do I notice in my body?

What am I feeling emotionally?

What do I need? What is one action I can take?

TODAY'S CHALLENGE

Use P.A.U.S.E. before one challenging conversation.

EVENING: What went well? What did I learn?

Day 6 — Lead From Within

Practice steady listening and clear communication.

MY STRESS LEVEL TODAY

0 1 2 3 4 5 6 7 8 9 10

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Three things I am grateful for:

What do I notice in my body?

What am I feeling emotionally?

What do I need? What is one action I can take?

TODAY'S CHALLENGE

Listen fully and respond calmly in one interaction.

EVENING: What went well? What did I learn?

Day 7 — Build Your Blueprint

Choose habits to continue for 30 days.

MY STRESS LEVEL TODAY

0 1 2 3 4 5 6 7 8 9 10

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Three things I am grateful for:

What do I notice in my body?

What am I feeling emotionally?

What do I need? What is one action I can take?

TODAY'S CHALLENGE

Choose three practices to continue over the next 30 days.

EVENING: What went well? What did I learn?

Your Next Steps

Small changes practiced consistently can make a meaningful difference.

1. A practice I will keep for the next 30 days:

2. A practice I will keep for the next 30 days:

3. A practice I will keep for the next 30 days:

YOUR RESOURCE HUB

Guided relaxation, stress-management videos and companion tools:
[ElevatewithElizabeth.info/beyond-the-hard-hat](https://elevatewithelizabeth.info/beyond-the-hard-hat)

One thing I want to remember:

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