



#29-24

July 15, 2024

MENTAL HEALTH
MINUTE

**YINZ
GOOD?**

July is Social Wellness Month, a good reminder to reconnect and build friendships. Along with encouraging healthy behavior, building confidence, and providing emotional support, research suggests friendships are as important to your well-being as eating right and exercising.

In this article, Verywell Mind reviews the six benefits of friendship and how to invest your energy into them.

Benefits to Friendship

A full library of mental health resources for construction workers – including individuals, employers and loved ones – is always available at [yinzgood.com](https://www.yinzgood.com).



Sponsor a Tee or Green!
CAWP Golf Outing

Show your support for your heavy/highway construction industry and secure your sponsorship today!

[Sponsorship Information](#)



Recent Bulletins

June 18
[Heat-Related Stress & Illness](#)
[CAWP Safety Bulletin #9-24](#)

Proud Chapter

June 18
Project Scheduling Tips for Upcoming
Independence Day Holiday
CAWP Labor Bulletin #11-24



AGC
THE CONSTRUCTION
ASSOCIATION

Copyright ©2024 CAWP. All Rights Reserved.
[Open Unsubscribe](#) from CAWP emails