

PRIORITIZING MENTAL WELLNESS DURING THE HOLIDAY SEASON



The holiday season is often portrayed as a time of joy, family gatherings, and celebrations. For many truck drivers, it can also be one of the most challenging times of the year. Long hours on the road, tight delivery schedules, unpredictable weather, and being away from loved ones can take a toll on mental health. Recognizing and addressing these challenges is essential for maintaining well-being during this busy season.

UNDERSTANDING THE CHALLENGES

- Loneliness and isolation from being away from family and friends
- Seasonal stress due to higher traffic, tight schedules, and unpredictable winter conditions
- Sleep disruptions caused by irregular hours and changing time zones
- Emotional fatigue from missing important family events and traditions

PRACTICAL WAYS TO SUPPORT YOUR MENTAL HEALTH

Even small changes can make a big difference. Here are a few strategies to help you stay grounded and emotionally balanced through the holidays:

1. Stay Connected

- Schedule regular video or phone calls with loved ones.
- Share your experiences and listen to what is happening at home.
- Join online driver communities where you can talk to others who understand your lifestyle.

2. Take Care of Your Body

- Try to maintain a regular sleep schedule when possible.
- Keep nutritious snacks in your cab and drink plenty of water.
- Take short walks or stretch during breaks. Physical movement helps reduce stress and improve mood.

3. Manage Stress Mindfully

- Practice deep breathing or mindfulness exercises when feeling overwhelmed.
- Listen to calming music, audiobooks, or podcasts that uplift your mood.
- Focus on what you can control, for example, your attitude, your reactions, and your safety.

4. Celebrate in Your Own Way

- Bring small decorations or festive lights for your cab.
- Treat yourself to a favourite meal or playlist.
- Exchange messages or small gifts with other drivers or coworkers to share the spirit of the season.

5. Reach Out for Support

- If feelings of stress, sadness, or loneliness become overwhelming, reach out for help.
- In Canada, you can contact **Talk Suicide Canada** (1-833-456-4566) or **Wellness Together Canada** (wellnesstogether.ca) for free resources and counselling.
- In the U.S., the **988 Suicide & Crisis Lifeline** is available 24/7.
- Many companies offer confidential employee assistance programs (EAPs) with mental health support. You can reach out to your manager to get more information.

A FINAL THOUGHT

Truck drivers keep the world moving, especially during the holidays. Your dedication ensures that shelves stay stocked, communities thrive, and families can celebrate. Taking care of your own mental well-being is not selfish - it is essential. By prioritizing rest, connection, and emotional health, you not only protect yourself, but also make the road a safer place for everyone.



Knowledge Verification

Please answer, and forward a completed copy to your Safety Department/Safety Representative.

1. Getting enough rest and eating healthy snacks can help improve your mood and reduce stress. ☐ True ☐ False
2. Talking to loved ones while on the road does not make a big difference in managing stress. ☐ True ☐ False
3. Mindfulness or deep breathing exercises can help calm stress during difficult driving days. ☐ True ☐ False
4. Mental health is just as important as physical safety for drivers. ☐ True ☐ False

Driver's Name:

Driver's Signature:

Witness Name:

Date:



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Online Learning Library

At Old Republic Canada, we value safety and education.

Our online Learning Library is a tool our customers can use to enhance their training efforts and keep safety on the forefront of their employees' minds. Below are some additional titles that can be accessed on any mobile device, computer, or tablet. Simply go to <http://orican.infinitt-i.net> to get started.

Value Driven Driving:

- Module 1 - Preventing Rear-End Crashes
- Module 2 - Preventing Loss of Control Crashes
- Module 3 - Preventing Lane Change Crashes

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Knowledge Verification
1. True
2. False
3. True
4. True