

Working FIFO, shutdowns, or high-intensity industrial jobs can take a toll on your mental health, even if you're physically fit and good at your job. Long hours, remote locations, and time away from home can add pressure. That's why looking after your mental wellbeing isn't optional, it's part of staying site-ready.

1. Stick to a Routine

Structure your day, even if it's just setting times for waking up, meals, breaks and winding down. Routines help reduce stress and give your brain a sense of control.

2. Move Your Body Off the Tools

Exercise doesn't have to be intense. A walk after shift, a few stretches, or light training can help burn off stress and boost your mood.

3. Stay Connected

Call or message your people back home. Even short check-ins with friends and family can reduce feelings of isolation.

4. Talk It Out

If something's getting to you, don't bottle it up. Speak to your supervisor, HSE team, or a mate. Many sites also have access to EAPs (Employee Assistance Programs) use them. You don't need to wait until things feel overwhelming.

5. Cut Back on the Big 3

Too much alcohol, caffeine, or sugar can mess with your energy, sleep, and mental state. Keep it balanced and know your limits.

6. Keep It In Perspective

Remote work comes with challenges, but it's also temporary. Keep your eyes on your bigger goals, whether it's saving for something or building your skills.

7. Sleep Is Serious

Don't underestimate rest. Even on night shifts or odd rosters, make your sleeping area dark, cool, and quiet. Earplugs or eye masks can make a big difference.

8. Watch Out for Your Mates

Check in on others. If someone seems off, ask how they're going. A simple chat can go a long way and might even save a life.

9. Unplug Where You Can

Take breaks from your phone or social media. Being constantly connected can add pressure and affect your mood. Quiet time matters.

10. Know When to Get Help

There's no shame in needing support. If you're struggling with anxiety, mood swings, or just not feeling like yourself, talk to someone. The sooner, the better.

Remember: You can't pour from an empty cup.

Looking after your mental wellbeing is just as important as your PPE. Stay sharp, stay safe, and speak up if you need support.

If you're unsure about anything at your site, feeling overwhelmed, stressed or not yourself contact your Mobilize consultant or the team below:

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