

# EIC CONTRACTOR MOT

*Check-ins for your mind, body & business*

## The EIC Contractor MOT is here to help you stay on the road

**NO membership,  
charges or judgement.  
Just SUPPORT & ADVICE  
to keep you going.**

Balancing work, life, family, business, and everything in between can be challenging, and the pressure often mounts until something eventually brings us to a halt.

Free & confidential  
support for life on and  
off the tools



Visit [electricalcharity.org](http://electricalcharity.org) for more info



Stress, burnout, isolation, and the mental load that comes with running your own business or working job to job.



The physical impact of the work. Strain, injuries, fatigue, and how to protect yourself long term so you can stay fit for the job and live the life you want.



Money worries, tax changes, debt, legal or motoring issues, and the practical side of keeping your work running smoothly.



# What is the EIC Contractor MOT?

Think of it like the MOT for your van.

You don't wait for a breakdown. You check things early. Yet so often we forget to check in on ourselves.

**The Contractor MOT** gives you a simple way to check in on the areas that matter most to you.



**△ The three key areas to look out for are: △**



## Some of the warning signs to look out for:

You don't need to tick every box, you just need to notice when something is not right.

**If any of these have been reoccurring for a while, it's not just a bad week, and further inspection is needed:**

- △ Snapping at people or getting wound up over small things
- △ Can't switch off, even when the job's done
- △ Head constantly busy, going over the same problems
- △ Struggling to focus or make simple decisions
- △ Feeling flat, fed up or just not yourself
- △ Avoiding calls, messages or people
- △ Drinking more, smoking more, relying on something to take the edge off



### What to check in on:

Noticing changes in your body is about assessing how you feel day-to-day and whether the same issues keep reoccurring.

**If something feels different, there's usually a reason and further inspection is needed:**

- △ Ongoing pain that doesn't ease off
- △ Constant tiredness or poor sleep
- △ Injuries that keep coming back
- △ Changes in weight or appetite
- △ Feeling run down more often than usual
- △ Increased susceptibility to illnesses (Frequent colds or infections that seem to linger longer than usual)



### What to check in on:

Running a business can bring pressures that build up over time. It's worth checking in on how things are actually going.

**If a few of these sound familiar, it might be time to take a step back and look at how the business is running:**

- △ Working long hours but the money never seems to stretch
- △ Constantly chasing the next job
- △ Cash flow always tight or worrying about bills
- △ Paperwork, quotes or invoices piling up
- △ Customers slow to pay
- △ Taking every job because you feel you have to
- △ No real time off because the business never stops

EIC CONTRACTOR



*Check-ins for your mind, body & business*



**Ready to  
check in?**

**If something is worrying  
you, slowing you down or  
keeping you awake, you  
do not have to handle it on  
your own.**



**electrical  
industries  
charity**

**ACCESS ASSISTANCE**

**0800 652 1618**

9am - 5pm, Monday to Friday

\_\_\_\_\_ fill out a form: \_\_\_\_\_

[electricalcharity.org/find-help](http://electricalcharity.org/find-help)

\_\_\_\_\_ or email us: \_\_\_\_\_

[support@electricalcharity.org](mailto:support@electricalcharity.org)

We are here to support you to be at your best, on and off the tools. We have put together free resources to help you check in with your mind body and business.



**Check-in with  
yourself today**

**Or speak to us  
confidentially  
and we will help  
you find the  
right support**

