



WORK RIGHT REVIEW

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OH NO, HERE WE GO AGAIN...

BY WRNW



These days, we see constant breaking news stories or scientific findings that inevitably spark new worries or concerns. These challenges force us to make decisions and changes for ourselves and our families. It's been exhausting on so many levels! This feeling of constant, extreme change is called change fatigue. What does this feeling look like? And what can we do to change things up in a positive way?

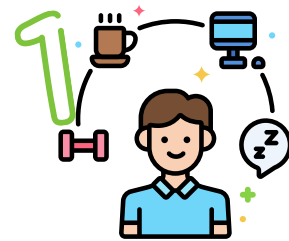
Change Fatigue

Change is inevitable. But what happens when things are so unpredictably changing day-in and day-out? The feeling overwhelms us with the amount of constant change. You may even feel apathetic to the gravity of the change going on around you. It's the feeling that makes you say, "Oh No. Here We Go Again!"

With so many stressors thrust into our lap on a daily basis - pandemic, war, social issues, return to work - we become sensitized to any kind of stress. This is typically brought about by the unpredictability of these stressors and the overwhelming amount of decisions that must be made with them.

A New Rhythm

Typically, most people are able to rely on a 'surge capacity' to deal with sudden short-term changes. But how do we manage when our usual reserves are depleted? Try these easy-to-implement suggestions:



Routine Find YOUR routine. Give yourself moments to control your daily schedule - even if it's as simple as picking out your clothes for the next day. The predictability of these moment can bring a positive rhythm to your day.



Stay Connected Keep in touch with your friends and family. Call them. Have them over for dinner. Join a social club. Our connectedness brings much needed balance to the hectic day-to-day occurrences.



Help Others: As we've mentioned in previous newsletters, those that give their time and talents to others are happier people and achieve lower stress levels.

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Work Right NW is changing the way that companies view workplace hazards. Our focus is on educating the workforce to prevent injury. We provide access to Injury Prevention Specialist's in the workplace to address the early signs of discomfort. We are changing the industry one company at a time by helping one person at a time.

