

# THE INDUSTRIAL ATHLETE DIGEST

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## DISCONNECT TO RECONNECT

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It's the end of a long work week (or worse, it's only Wednesday). You're exhausted, fatigued, and just a bit depressed from being trapped at work all week. You're in need of recharging. Typically, when we need to recharge an electronic device we find the nearest power cable to plug in and then wait. But with ourselves, the solution comes much more simply - **unplug!** Find some distance between your work life and your personal life and take some 'me-time.' What better way to do that than outdoor activity?

### STEP OUTSIDE

With the feel-good hormones released from doing physical activity and the Vitamin D provided by our exposure to natural light, we put ourselves in the best opportunity to increase our fitness, mood, energy, and happiness levels. The cortisol hormone, which triggers stress is reduced, leading to a more relaxed state. Physical activity helps improve our sleep. An outdoor environment is a natural defense against depression, muscle tension and heart rates - all risk factors for cardiovascular disease.



### THE DIVIDEND OF DIVISION

A balance between your work and your personal life is vital to your health! When you're able to unplug from work, the benefits from these outdoor activities become more apparent and more pronounced. Outdoor activities challenge us in ways the office does not. When we reach outside our comfort zones and are present in different terrains, we put our bodies and minds in a positive place to increase focus and attention.



### THE GREAT OUTDOORS

We've made this sound like you need to immediately plan a weekend escape to the mountains or the beach! Not a bad idea if you have access to such natural features to hike, camp, or kayak. But don't dismiss the natural green spaces that surround all of us - even in a big city. Going for a walk, biking, or even attending sporting events or outdoor concerts can have the effect we all need. There are benefits just outside each of our doorsteps to find a better balance in our lives.



TO ACCESS THESE RESOURCES, SCAN THE QR!

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 Specialists 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.

