

# THE INDUSTRIAL ATHLETE DIGEST

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## ECO-MINDED WORK

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As injury prevention specialists, being eco-minded comes with the territory. How's that, you ask? Since the healthcare industry is responsible for about **10% of national greenhouse gas emissions**, it's an eco-minded task to simply keep people out of that system. But let's not stop there. We ALL have the opportunity to make a much greater impact on our world - AND feel great while we do it!

### WHY BOTHER CHANGING BEHAVIOR?

Being eco-minded has been shown to increase your sense of wellbeing, mindfulness, purpose, and happiness, and even lead to a more positive self image. Who doesn't want that?

There are many different ways to be eco-minded at work. We can choose actions or behaviors that affect the environment directly. Some examples include:

- ♻️ Turn off the lights when you are not using your workspace
- ♻️ Turn off your computer at the end of the day
- ♻️ Set up a recycling system
- ♻️ Utilize green cleaners to clean your workspace
- ♻️ Turn off the lights when you are not using your workspace.
- ♻️ Green up your commute.



### THE INDIRECT APPROACH

There are also a myriad of indirect ways to make a positive contribution. They can also have a profound effect on the state of our planet, starting right where we live and work. You can make a positive contribution by:

- **Green up your workspace.**
- **Bring in some nature art.**
- **Go outside on your break, *without* your phone.**
- **Take care of yourself.**

So, take a deep breath, get out on that break, get involved with those pre-shift warmups... and enjoy your contribution to making our planet a healthier, happier place to live! 🌱



**WANT TO READ MORE?  
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.



*With Earth Day one month away, what behavior will you commit to changing?*

*Pick one or more than one and spread those Good Vibes to others!*