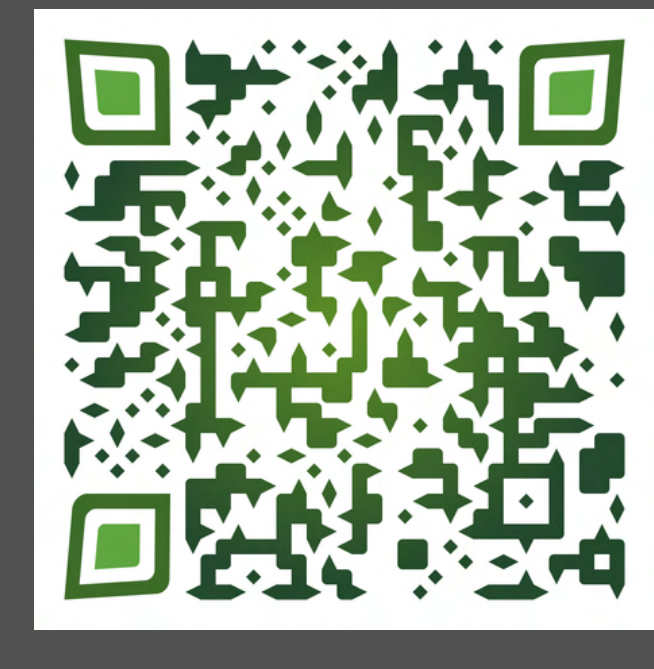


THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | ISSUE 15



GAME ON: POWER UP WITH VIDEO GAMES

BY DAKOTA COOL, ATC

At the end of a long shift or busy workday, leaving time for our bodies to recharge is vital for the next day's work. Regular physical activity can do wonders for the human body, but let's not neglect our mental health as well! When our brains need charging, the benefits of having a hobby that brings us joy are innumerable. For myself and many others, booting up a video game at the end of the day to unwind is a guilty pleasure, but is a great way to stimulate our minds and relieve stress.



TO ACCESS THESE RESOURCES, SCAN THE QR!

LEVELING UP

The beauty of video games is the wide variety that are available today. There's something for everyone! There are games to help us plan and strategize, which require focus and attention to detail. Other games are designed to help us relax and 'zone out,' which can be equally important. Video games incentivize goal setting and provide a sense of accomplishment when we level up, complete missions, or break records.

WHEN TO HIT PAUSE AND RESET

We all know you can have too much of a good thing. A consistent sleeping schedule is vital to regulating our mood and the most important time for our bodies to recover. Exposure to blue light and mental stimulation right before bed make it difficult to fall asleep. Sleep loss will make us feel drowsy the following day, placing us and fellow industrial athletes at risk. Losing sleep eliminates the benefits our video game hobby provides in the first place.

THE RIGHT STRATEGY

- **Take breaks** during your gaming session to stand up, stretch and evaluate your posture.
- **Ensure you have water** nearby to stay hydrated, while you immerse yourself in a virtual world.
- **Set a timer or alarm** to prevent losing track of time and improve the amount and quality of sleep you will have.
- **Play with others!** Co-op play helps improve social skills and reduces loneliness.



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.

