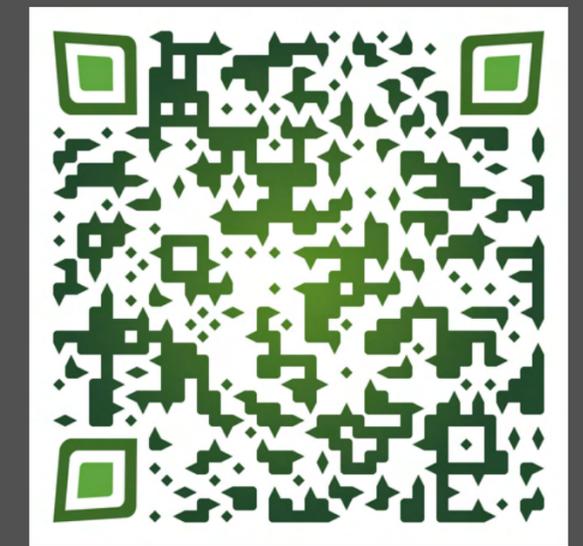


THE INDUSTRIAL ATHLETE DIGEST

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



GOOD VIBES ONLY

BY AARON WEIDMAN, MS, ATC, CEAS

We've all been there. It's Tuesday in the middle of January, the sun is setting at 4:30pm. It's dark when you go to work and it's dark when you leave. You have a 10+ hour shift headed your way and you're over it. This is not the mindset you want as an Industrial Athlete and not the mindset you want as an Injury Prevention Specialist. We can choose a different mindset, and be positive. We can be #GoodVibesOnly!!

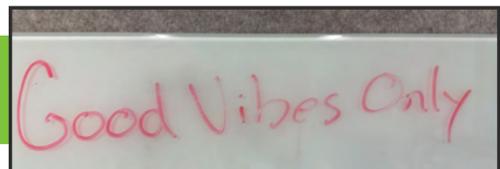


TO ACCESS THESE RESOURCES, SCAN THE QR!

IT ALL STARTED...

As a leader of a team, I decided we weren't going to fall into this trap. We were going to be positive and make people's days brighter. I wrote it on the whiteboard in our Wellness Center. One of my teammates bought us stickers with the mantra,, followed by sending each other messages when we saw it in our daily lives. We actively talked about it and switched our mindset as we interacted with team members and EHS. The mantra became our rallying

cry and our reset button all at once.



CAN WE ALL DO THIS?

We sure can! But, how can we get into the right frame of mind everyday? The answer is the one no one wants to hear - it depends!! Sometimes it's a song on the radio or from a playlist, or something silly my dog does before I go to work. Other days it's a conscious effort which takes work to figure out. We all have to find the things that help us get into the right mindset, and it is different for everyone.

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BE THE CHANGE

As Injury Prevention Specialists and *health care providers*, we have an opportunity to help people in their lives - not just at work. We can help them *physically* with our skillset and we can help them *mentally* by being positive and helping them change their mindset The change can start with you, too, as an Industrial Athlete!

I'm reminded by what an EHS manager once told me, "Aaron, you're always smiling and that brings positivity to my day. I always love it when you and your team come talk to us because you always seem happy, and that's a change of pace from a lot of the interactions I have."

That's it. **That's the thing we can do for people, our coworkers and our teammates.** That's being #GoodVibesOnly. How far will your Vibes resonate?

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.

