

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 8 | ISSUE 48



HOLIDAY BREAK

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As an industrial athlete, the holiday season can be one of the busiest times of year. Your work may be ramping up to meet increased demand. There can be joyous moments with family and friends and also tough moments of loss, heartbreak, or mismatched expectations. In fact, **45% of Americans** say they would prefer to skip the winter holidays due to stress over not having enough time and not having enough dollars. You may feel overwhelmed at finding the time to fit in everything you would like to do this season.



Our top tips for making it through this holiday season with less stress by taking a **BREAK**:

- B BREATHE** - spending a minute breathing can help you wind down after a hectic workday to go home with a calm, clear mind.
- R RESIST** the urge to say yes to everything! Setting boundaries can help protect your time and energy from events that drain your energy.
- E EAT!** You deserve to eat every day of the holidays, even if you had a big meal the day before. Eating regular meals helps keep our blood sugar at a steady level and prevent an energy crash.
- A** Get **AHEAD** of holiday drama. Often when family gathers, tough discussions can come up. Think in advance of how you are going to end a difficult conversation, such as by saying, "I'd rather talk about my favorite holiday outfit" or "I'd really prefer not to discuss that."
- K KEEP** in mind that Christmas is not the only holiday in the winter season. We love you too Hannukah, Diwali, Yuletide, and Kwanzaa!

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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.

