

THE INDUSTRIAL ATHLETE DIGEST

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RELATIONSHIP FITNESS

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When you think of a healthy person, what do you visualize first in your mind? Weight, skin, posture, or dietary traits perhaps? It takes much more than a physically healthy body to enjoy a long and fulfilling life. A Harvard study asserts strong relationships and communities make people happier, healthier, and allow them to live longer.



THE POWER OF RELATIONSHIPS

As healthcare providers, Work Right has an opportunity to encourage and share resources for lifelong healthy habits with our industrial athletes. Many of our industrial athletes are traveling professionals - working away from home and family, focused on work in order to provide for their family and community. This type of focus and discipline can often result in a feeling of loneliness. It's easy to get isolated and that's why it is important to uphold a culture of care within your setting.

When we Prioritize the Person, we take a step in building good relationships and creating a positive influence in others lives. We can all make efforts to strengthen our relationships and live a healthier and happier life.



GETTING STARTED

It all sounds good, right? Good relationships can lead to a happy, healthier life. They protect our bodies, but they also protect our brains. But what's the easy fix to get there? There aren't quick fixes, unfortunately. This journey is lifelong. Whether your 20, 40, or 60 years old, there is a path forward. Here are some initial suggestions to get you started:

- Call a family member you haven't talked to in a while.
- Let your co-workers know you support them.
- Replace screen time with people time.
- Designate a monthly date night with your significant other, or a game night with friends.
- Be curious about your friends and co-workers lives. Ask questions.
- Take steps to repair a fractured relationship.

**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.



“Taking care of your body is important, but tending to your relationships is a form of self-care too.”

- Robert Waldinger