

# THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW

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## HOLIDAY BREAK

BY AMELIA MEIGS, MS, ATC

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.

### CELEBRATING ALONE

Even if you aren't stressed about the holidays, this time can also be isolating to those who live far from home and are unable to travel. As an industrial athlete, this isolation might come in the form of working while other friends and loved ones are celebrating.

### EXPECTATION AND REALITY

Social media can be deceiving - just because your social feed appears positive with happy photos of families does not mean they don't experience the same struggle you do.

### THE GIFT OF EMPATHY

The holidays mean something different to everyone, which means each individual brings their own anxiety to the table.

- Since holiday celebrations revolve around meals, remember these can be difficult for some who have dietary restrictions or who struggle with body image.
- Others may have recently lost a loved one, become estranged from family, or gone through a breakup.
- OR, there are others that might be *Captain Christmas* and want to celebrate every single day of December!
- We often expect people to be happy discussing holidays, which can burden those who aren't feeling this way. If someone needs to sit out the family ice skating, that's okay! They aren't being a Grinch, but rather are choosing how best to use their time and energy.

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### HOPE FOR THE HOLIDAYS

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

**B** Take a beat and **BREATHE!** Spend a minute breathing at the end of your shift or before your commute home to wind down after a hectic workday, and 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 and prevent burn-out.

**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 Christmas is not the only holiday in the winter season. We love you too Hannukah, Diwali, Yuletide, and Kwanzaa!

**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.