



WORK RIGHT REVIEW

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BLOW YOUR MIND

BY BETH BRIGGS

Let's do a little brainstorming this week and talk about how we can train our brains for better mental health! With a little practice, we can use our heads to help calm us down when we're stressed or anxious, or regulate our mood while at work or play.

Brain Power

Bottom-up brain processing operates from the most primitive part of our brain, the brainstem. Anyone can learn to activate the lower brain regions by using activities and strategies meant to change or regulate our state of being.

The Brainstem

The brainstem regulates breathing, heart rate, and body temperature. While at work, these techniques can be used to calm yourself when you are experiencing panic, anxiety, or distress.

- Deep Breathing - different breathing patterns activate our brains related to mood, attention, and body awareness. Try these different techniques:
 - **Progressive Breathing | Belly Breathing | Nostril Breathing**
- Chewing gum or sucking mints
- Clothing that fits securely over your chest
- Petting an animal rhythmically
- Musical activity - listening to music, singing, drumming



The Midbrain

The midbrain is the most forward portion of the brainstem and is responsible for fine motor and gross motor skills, movements, and balance. At work, these simple activities can be used to make the most of breaks in order to keep your body and mind focused and calm.

- Isometrics - exercises involving static contraction of the muscle without movement of the joint.
- Balancing
- Resistance training
- Weightlifting
- Walking, jogging, or running

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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.



Try a shoulder isometric: Push the top of your hand into the wall. Hold 5-10 seconds

