

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW VOLUME 9 | ISSUE 21



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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.



SELF-CARE ISN'T SELFISH

BY STEPHANIE ANDERSON

Prioritizing self-care is crucial to your mental health. Completing work tasks and job responsibilities make this difficult, but like your flight attendant says, "Put YOUR oxygen mask on first BEFORE helping others." Some may see this saying as an overused cliché, but I think it sums up self-care very well. Self-care means taking time for yourself and doing anything which fills your cup in a positive way.



FINDING YOUR OUTLET

Taking time away from work and disconnecting from the daily grind is a powerful self-care tool. As was discussed last month during our Work-Life Balance theme, disconnecting from work to the great outdoors is one way to take time for yourself. Outdoor activities come with both positive physical and mental benefits. For myself, I disconnect from work daily when I participate in spin class. This helps me be a better mom, employee, and overall human.

RUNNING ON EMPTY

Disconnecting sounds great, but it's easier said than done. There's always an email awaiting a response, a report or other job task left undone. Sadly, most employees underuse their PTO because they're too busy or possibly afraid of the pile up of work while they're out of the office. I get it. Work is important and when we love what we do, we forget to prioritize disconnecting for a minute. Taking time from work allows us to decompress and hit the reset button.



THE UNDERUSED BENEFIT

Since the COVID pandemic, the amount of unused PTO share has jumped to an estimated 55% in 2022, compared to 28% pre-pandemic. Some may see the use of PTO as a signal to other co-workers or team members of being unprofessional or less committed, but PTO is something much more. Paid Time Off is accrued and can be seen to have a dollar amount tied to how you are compensated for your work. Are you using what you've earned?