

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW



HANGIN' (MENTALLY) TOUGH

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Staying physically active and fit can have a positive impact on your life. Check! This is an expected adage from an athletic trainer, but how often do you consider your mental strength in tandem with your physical strength? Building mental strength allows you the ability to handle stress, have healthy relationships, learn well and work well, and balance our work and family!

MENTALLY STRONG

So, why should we prioritize a strong mind? Studies have shown that people with high mental toughness still deal with anxiety, stress, and pressure, but they're able to better cope with such situations and approach them as surmountable challenges. Here are a few benefits:

- **Stress Management**
- **Motivation**
- **Courage**
- **Adaptability**

It's good to note that mental toughness is a skill that can be developed over time and refined through practice, self-reflection, and learning from experiences. Though it may come naturally to some individuals, anyone can work on strengthening their mind for a more resilient, fulfilling life.

#GYMR - GET YOUR MIND RIGHT

We all know that work can be stressful in multiple ways, so it should be an easy decision to improve skills that help us navigate the stressors we face when working in the industrial setting.

For the industrial athlete, a positive mental health state is likely to result in better enthusiasm and dedication to tasks. Workers with poor mental health can lead to reduced engagement at work and strained relationships, leading to a negative effect on work performance.

Here are some examples of how to get started:

- **Recognize your emotions**
- **Practicing Self Compassion**
- **Assess your challenge**
- **Mindfulness**
- **Work with a mental health professional**
- **Healthy lifestyle** 



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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 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.

