

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW



GET YOUR MIND RIGHT

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Whether you're older or younger, big or small, novice or seasoned yogi (yoga master) there's a space for mindfulness to have a positive impact in your life. The benefits of being mindful are available to all who have the time to practice their skills. There's no fancy equipment needed, no initiation fee, you can practice indoor or outdoor, independently or with a group. All that's required is your mind, a couple minutes, and likely a bit of breathwork.



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SCANNING THE QR CODE!**

PREPARED FOR RISK

As industrial athletes, a lack of awareness to your surroundings can contribute to critical hazards which increases the probability of an injury to you or others. The embodiment of our **PREPARED** principles, **[R] Review Your Hazards** and **[E] Evaluate Your Equipment**, can help us remain in the moment and focused on the tasks at hand. It is important to assess the scene for safety as not only a part of your morning routine, but upon returning to your site after a break or any time you step away. In addition to potential hazards in the environment, it's critical you assess and reassess the integrity of your equipment.


CONNECT MIND AND BODY

A mindfulness practice helps to develop greater awareness and strengthen the connection between your mind and body. It may encourage you to take note of physical sensations, and assume the role of observer to your thoughts and experiences without interpretation or judgment. Practicing mindfulness has also been shown to reduce stress and anxiety, improve short term pain intensity, and reduce average blood sugar levels.



MINDFULNESS IN ACTION

Try this **mindful wakeup** method to start your day with a purpose. This practice is best done first thing in the morning, before checking phones or email.

1. **On waking, sit in your bed or a chair in a relaxed posture.** Close your eyes and connect with the sensations of your seated body.
2. **Take three long, deep, nourishing breaths** – breathing in through your nose and out through the mouth.
3. **Ask yourself: "What is my intention for today?"**
4. **Set your intention for the day.** For example, "Today, I will be kind to myself; be patient with others; give generously; stay grounded; persevere; have fun; eat well," or anything else you feel is important. 

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.

