

THE INDUSTRIAL ATHLETE DIGEST

Weekly Wellness & Safety Tips from Work Right NW



PUMP UP YOUR MOOD

Depression is one of the leading causes of disability worldwide. At least one in five people will experience depression in their lifetime and it does not discriminate - all genders, race, and ages can develop depression. Treatment for depression currently consists of prescription medication or a combination of therapy along with medication. The effects of exercise on depression, however, is a growing area of interest and may just be the thing you need to curb those down days.

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FLEX THOSE MUSCLES, BANISH THOSE BLUES

For some, regular treatment is not as affective as it is for others, which is why exercise as a treatment is being looked into more and more. Exercise, as we know, has an effect on physical health. It also has been found to go beyond the physical and can positively affect mental health and depression.

The consistency of physical activity has been linked to an increase in mental toughness. Also a change in attention, processing speed, and memory have been shown to have a positive correlation in function when participating in exercise

BECOMING WORKOUT KEN

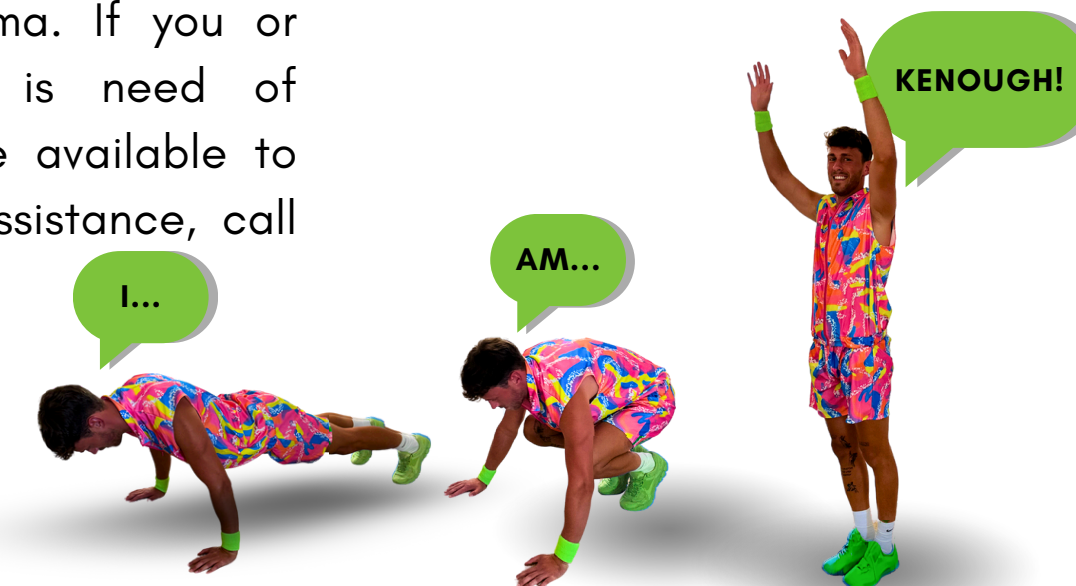
Participation in physical activity with supervision (a trainer or a coach) has been shown to be more beneficial than self-lead physical activity. Activities such as jogging, hiking, stretching, yoga, weight lifting, etc. are all beneficial for your physical and mental health.

Start to establish a routine in your day that includes some type of physical activity.



REMEMBER, KEN

Exercise is not a replacement for professional support. Of those men with common mental health conditions like anxiety, stress, or depression, **40% have not spoken to anyone about their mental health.** End the stigma. If you or someone you know is need of support, resources are available to you! For immediate assistance, call or text 988.



READ MORE BY SCANNING THE QR CODE!

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.

