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MENTAL REPS FOR PRE-SHIFT PREP

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Industrial environments are demanding. Fast-paced, noisy, and often physically intense. The setting requires more than just strength and endurance. It also requires mental clarity to perform tasks safely and efficiently. Whether you're operating heavy machinery, doing repetitive tasks, or troubleshooting an issue on the fly, mental preparation is your secret weapon. What are we doing to warm-up our minds before our work day begins?

GETTING YOUR HEAD IN THE GAME

While physical warm-ups often get the spotlight when we prepare for work, our mental state plays just as crucial a role in ensuring that we perform at our best. From safety to efficiency, mental preparation can be the difference between a smooth shift and a stressful one. Here's how to start each shift with the right mindset.

Set a Positive Intention

A positive mindset is a game-changer. Take a moment to set a positive intention. When we start the day with the intention to succeed, our brain works in our favor to keep us focused and calm under pressure. It's like telling yourself, I've got this!" before diving into the workday. At Work Right, we call it *Good Vibes Only*. Because the right mindset isn't just about optimism, it's about staying steady and ready for whatever the day brings.

Visualize Success

Picture yourself handling work challenges with ease. Imagine completing work tasks successfully or simply staying cool under pressure. Visualizing success helps us feel more confident and prepared for whatever comes our way.

Break it Down

Work can seem overwhelming if we look at the whole mountain of tasks ahead. Try breaking the to-do list down, prioritize tasks for the day and celebrate the small wins along the way. Completing smaller tasks helps us stay on track and not feel overwhelmed.

Take Breaks

Don't forget to recharge! Our brains need a reset just as much as our bodies do. Short breaks throughout the day keep minds sharp and prevent burnout. Whether it's a quick walk, a snack, or just a few minutes of stretching, taking time to reset is a key part of staying mentally prepared. Taking just a few minutes to breathe deeply and focus on the present moment can clear your mind and reduce stress.

MINDSET MATTERS

Just like a pre-shift warm-up gets your body ready, a mental warm-up gets your mind in the right place. A focused, prepared mind helps you spot risks before they become problems, handle challenges with confidence, and stay sharp throughout the day.

Before you step into your shift, take those extra moments to set your focus, clear distractions, and get in the right headspace. Because when your mind is ready, the rest will follow.

Michelle Leitheiser, LAT, ATC, CSCS || Michelle comes to the industrial setting with 17 years of athletic training experience. She graduated from South Dakota State University and has worked in both collegiate and high school athletics. In 2020, she earned her strength and conditioning certification. She enjoys working with a variety of people and educating them about the way they move. Outside of work, Michelle and her husband have two children whom they follow around in various activities. Any free time she has is spent reading or volunteering for various community groups.

Work Right 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.