

"For Safety's Sake - Do Something"

Poor Health Can Jeopardize Workplace Safety

Health issues can be a safety hazard on the job. You are an integral part of your company's success and you have a responsibility to be "health smart."

TIPS TO BE HEALTHY AND SAFE

- Exercise •
- Stretch •
- Eat healthy •
- Maintain a healthy weight •
- Get plenty of rest •
- Get regular check-ups with your doctor •
- Remember to take any prescribed medications •
- Carry with you any necessary life saving medicine (inhaler, epipen, etc.) •
- Understand the environment you work in, and potential hazards •

For more information on the benefits of healthy employees, and more, visit:

CDC - Healthy Workforce

<http://www.cdcfoundation.org/businesspulse/healthy-workforce-infographic>

WHO - Workplace Health Promotion

http://www.who.int/occupational_health/topics/workplace/en/index1.html

Managing Stress

It's easy to get overwhelmed once in a while. Juggling work, family, and other obligations creates varying levels of stress. Stress affects your body, mood, and behavior. Here are 10 ways to manage stress.

Exercise. Regular workouts relax can your body and improve mood. Endorphins Rock!

Relax You Muscles. Stress makes your muscles tense. Stretch, get a massage, take a hot bath or shower, get a good night's sleep.

Breathe Deep. Close your eyes, imagine a relaxing place, and breath...slowly.

Eat Well. Well balanced diets are good for you overall, but they can help control moods, too. Don't skip meals either - it can make you hangry (hungry+angry).

Slow Down. *"Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."* - Ferris Buehler's Day Off

Take a Break. Plan some down time to free your mind from stress. Meditate, do yoga, listen to music, commune with nature.

Make Time for Hobbies. Set aside time for activities you enjoy. Read, play golf, watch a movie, bake, do a craft.

Talk About Your Problems. It's amazing how just talking about your problems will start to make you feel better!

Go Easy on Yourself. Accept your flaws. Accept that you can't control everything in your life. Laugh.

Eliminate Your Triggers. Identify your biggest causes of stress. Can you eliminate them? If not, can you reduce the stressful ways they impact you?