

TIPS FROM WORKCARE'S INJURY PREVENTION SPECIALISTS

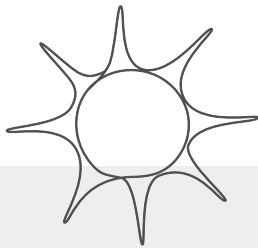
BRIGHTEN YOUR MOOD ON WINTER DAYS



On winter days, reduced sunlight exposure can lead to symptoms like fatigue, inattentiveness, and low mood. Taking proactive steps can help mitigate these effects and prevent accidents and injuries.

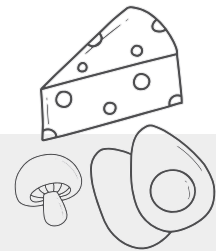


– Lynette Helmer
Director, Wellness and Prevention Products & Services



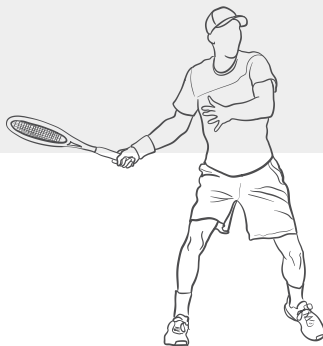
1

SPEND TIME OUTDOORS IN THE SUN OR USE AN INDOOR LIGHT THERAPY LAMP.



2

EAT NUTRITIOUS FOODS AND TAKE VITAMIN D, THE SUNSHINE VITAMIN, AS NEEDED.



3

ENGAGE IN HOBBIES, PHYSICAL ACTIVITIES, AND SOCIAL INTERACTIONS.



Did You Know?

Our occupational health practitioners advise employers and employees on ways to prevent cold stress, falls on slippery surfaces, and the spread of infectious diseases during the winter months.

About WorkCare

WorkCare, Inc., is a U.S.-based occupational health, wellness, and absence management company. Be Your Best Self is our periodic work-related injury and illness prevention tip sheet for employers and employees.

To learn more, visit www.workcare.com.