

GAME PLAN

CREATE A GAME PLAN TO TAKE CARE OF YOURSELF & TO SET YOURSELF UP FOR **SUCCESS.**

1. **FUEL YOUR BODY**
2. **FIND TIME TO RELAX**
3. **GET ADEQUATE SLEEP**
4. **PRIORITIZE MENTAL HEALTH**
5. **BE MINDFUL**

TAKING CARE OF YOURSELF CAN DIRECTLY IMPACT YOUR SAFETY AT WORK

- Increase focus**
- Increase reaction time**
- Reduce Fatigue**
- Reduce stress**



FOR MORE INFORMATION



Contact your Wellness Coordinator
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