

TOPIC: REST AND RECOVERY

Potential Signs of Lack of Rest

- Irritability
- Lack of focus and racing thoughts
- Obesity, hypertension, sleeping problems

Impact on Your Work

- Poor decisions
- Quality and quantity of work output

Five Ways to Help Yourself

1. Use good sleep hygiene
2. Exercise
3. Avoid caffeine and nicotine
4. Limit screen use before bedtime
5. Get professional help by talking with your healthcare provider/contacting your EAP

Resources

- Caterpillar EAP: <https://totalhealth.cat.com/en/eap.html>



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