

Wellness (Our State of Mind)



Prioritizing sleep is crucial for safety & overall well-being:

Fatigue can significantly impair cognitive function, reaction time, judgment and increase accidents and injuries both at work and while driving. Sleep deprivation can lead to decreased productivity, increased errors and higher risk for workplace injuries.

Sleep plays a vital role in your emotional well-being. Sleep helps regulate your moods and enough sleep allows your brain to regulate emotions more effectively, helping us feel more stable, resilient and better equipped to handle life changes.

Adequate sleep improves our reaction times, enhances decision-making skills, and boosts creativity and problem-solving abilities. Getting enough sleep can help reduce illness, maintain healthy weight, reduce stress, reduce injuries and improve your overall attention and memory to better perform daily activities.

Sleep & its impacts:

Do you get enough sleep:

Adults need 7+ hours or more of sleep each night. Lack of sleep is linked to several chronic diseases and conditions:

- Diabetes
- Heart Disease
- Obesity
- Depression

Tips for Good Sleep:

- Go to bed on a schedule and wake up at the same time each day, including weekends.
- Keep bedrooms quiet, dark and at a comfortable temperature.
- Remove electronic devices from the bedroom.
- Avoid large meals, caffeine, and alcohol before bed.
- Being active during the day can help you fall asleep at night.

DHR offers Wellness Awareness Course



Wellness Awareness offers activities, strategies, and plans to help participants understand, recognize, and manage stressors. Additionally, participants will recognize the importance of self-awareness, demonstrating resilience, concerns with burnout, and intentional wellness planning.

Register in Luma L&D - DHR_000049

June 18, 2025, 8:30am to 12:00pm (MST) (Online)