

BREATHING EXERCISES CAN HELP TO CHANGE THE WAY YOU FEEL

➔ 5 Ways Breathing Helps

- Simulates** the parasympathetic nervous system - rest, digest, & heal.
- Promotes** relaxation reduces nervous system anxiousness.
- Brings** you into the present moment.
- Enhances** cognitive function & cardiovascular function.
- Improves** lung efficiency & immunity.



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➔ Alternating Nostril Breathing



Mental health is an important aspect of a trucker's health and safety. By addressing mental health challenges, drivers can experience improved job satisfaction, productivity, and overall well-being. This can lead to reduced accidents and safety concerns on the road, decreased risk of substance abuse and addiction, and improved personal relationships¹.

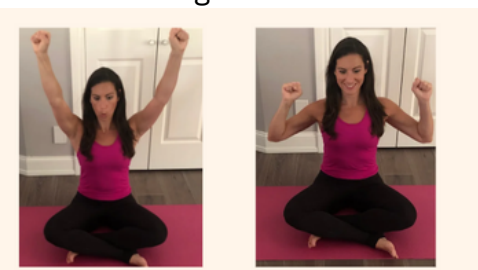
The pandemic worsened aspects of the job that were already mentally taxing on truck drivers. Fleets have increasingly recognized that mental health directly influences employees' physical health, performance and safety, and vice versa, *these factors* influenced drivers' mental health³.

A 2022 survey completed by the National Library of Medicine found truck drivers' mental health influenced by these critical issues:

- Anxiety (14.5%)
- Chronic Sleep Disturbances (20.6%)
- Depression (26.9%)
- Loneliness (27.9%)
- Other Emotional problems (13%)

➔ Invigorating Nose Fist Pump Breath

Pump your arms in the air as you exhale.
 Then bring the arms down level with your chest as you inhale through the nose.



Here are some easy steps you can take TODAY to improve your mental health and wellbeing...



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Wellness Tips

Hydration



Staying hydrated is important to mental health. Studies have shown that just being dehydrated by 2% impairs things like memory and focusing on your daily tasks. Drinking enough water keeps our brain from having to struggle against the effects of dehydration, allowing us to think more clearly.

Recommendation: Drink half body weight in ounces daily up to 1 gallon.

Ditch the Sugar



Sugar intake is increasingly linked to poor mental health. Multiple studies have found a link between diets high in sugar and depression. Over consumption triggers imbalances in certain brain chemicals. These imbalances can lead to depression. Did you know carbs are sugar calories?

Sugar calories = Total Carbohydrate grams X 4

Recommendation: Keep sugar calories under 100 per day *(The 100-diet plan)

Movement



Movement is important for mental health. Exercise has been shown to reduce symptoms of depression and anxiety. Exercise also help reduce stress and improve mood. CDC recommends 10,000 steps per day, the average American adult walks between 5,000 and 7,000. It's an average of 1,000 steps per 10 minutes of walking.

Recommendation: Increase your average steps by 1,000 per week until you get to 10,000 steps per day.

Sleep



Sleep and mental health are closely connected. Sleep deprivation affects your psychological state and mental health. Lack of sleep can make us feel physically unwell and is linked to heart disease, diabetes, premature aging, and accidents.

Recommendation: Create a bedtime ritual. Do the same things each night to tell your body it's time to wind down. This might include washing your face with warm water, reading, meditation, or hypno-meditation.

Resources



Wireless technology allows drivers to communicate privately via apps such as FaceTime, Zoom, or other video conferencing platforms. There are a growing number of online resources for therapy, telehealth, coaching & Hypnotherapy.

There are also national resources such as the National Suicide Prevention Lifeline 800-273-8255 for emergency support.

Recommendation: Check with your employer on EAP & mental health service options, have your resource list printed and available.