

The Safety Scoop

A publication of the Safety Council of Southwestern Ohio to save lives and prevent injury through education and partnerships.

[Visit our website](#)



5 Ways to Cultivate An Attitude of Gratitude



If there was a drug with no negative side effects that helped you eat healthier, exercise more, experience less depression, and sleep better, how long would it last in the pharmacy? We would flock to doctors for prescriptions. The pharmaceutical company would have a hit.

It may not be a drug, but gratitude may be as important to your health as nutrition. Let's look at some of the benefits. People described as thankful tend to:

- Eat healthier
- Have stronger immune systems
- Experience more energy
- Cope with stress better
- Exercise regularly
- Have deeper friendships
- Decrease blood pressure
- Sleep better
- Have increased self-worth
- Show increased productivity
- Reach goals faster
- Get promotions as work

Here are five ways to cultivate an "attitude of gratitude":

1. Write it down.

Keep a gratitude journal. Try it for 30 days. Be specific about what you are thankful for.

2. Talk about it.

Sharing what you are thankful for isn't just for Thanksgiving. Make it a habit to talk about what you are grateful for all year long. It will reinforce your feelings.

3. Meditate.

Whether you regularly meditate or not, take a break a few times a day. Focus on a spirit of thankfulness.

[continue reading here](#)



Scrolling through the online highlight reel can make you feel down.

How to Reduce Social Media Comparisons

The ugly side of social media doesn't have to be its dominant side, however. Here are a few steps you can take to have a healthy relationship with social and get out of the comparison trap:

1. Know your triggers (and avoid them)

You may click on your social media apps innocently, but deep down you know when and where things start to take a turn for the worst. Is there a certain person that makes you feel inferior? Are there certain accounts you should avoid? People, places, and things that disconnect you with your own life don't bring you value. Make a physical or mental list of those that produce envy and do your best to avoid them.

2. Reduce your time on social media

Managing your social media intake isn't easy. We've become accustomed to scrolling through these apps to pass time and gather information, but also out of habit when we feel nervous or anxious. To make sure you're using your social media time constructively, give yourself a designated amount of time (no more than 20 minutes a day) to check your social media accounts. Some apps, like Instagram, log this for you. You can also set screen-time limits specifically for social in your phone's settings.

3. Try to figure out why you're making comparisons

Oftentimes, comparisons are grounded in things we are self-conscious about. By analyzing what you're letting your mind gravitate towards, you can make note of things you can change — in a positive way.

For example, it's common to compare your physique to another's. This can quickly spiral into an unhealthy habit, but if it's something that's on your mind, consider putting together a healthy plan with a therapist to eat better and exercise more. Instead of admiring someone else's commitment to their well-being, focus on yours by eating cleaner and moving for 30 minutes a day, a few times a week.

4. Focus on quiet instead of noise

Meditating or sitting quietly when you realize your social media session isn't being beneficial to your life can help put you back on the right path. If you sit with your thoughts and let them naturally come and go, you'll feel more grounded than if you stay on the social media path and let your mind create more destructive and likely fictional stories.

Instead Compare Yourself to...Yourself

[continue reading here](#)

For Many College Students It's Not About Family Time



The Biggest Bar Night of the Year

Blackout Wednesday (also known as **Black Wednesday**, **Drinksgiving**, **Thanksgiving Eve**, **Wacky Wednesday**, **Whiskey Wednesday**, **Awkward Wednesday**, or **Big Wednesday**) is a pejorative term for the night before the Thanksgiving holiday in the United States. It is associated with binge drinking since very few people work on Thanksgiving, and most university students are home to celebrate the

Thanksgiving holiday with their families. The name refers to "blacking out," memory loss due to excessive alcohol intoxication.

The night before Thanksgiving is a notoriously huge night for bar activity. Unfortunately, it's also a huge night for drunken driving, according to the U.S. Dept. of Transportation. Between 2012 and 2016, more than 800 people died in alcohol-related car crashes on and around "Blackout Wednesday" and the Thanksgiving holiday. ***That means it's the deadliest holiday for U.S. roadways***, according to the National Highway Traffic Safety Administration.

[6 Tips to Help You Stay Safe on the Roads this Holiday Season](#)

**Next Monthly Occupational
Safety Meeting:**

Speaker Chris Brann, Industrial Hygienist with BWC, will cover the effects of noise on hearing, elements of hearing conservation programs, and hearing conservation best practices. Members and non-members are welcome.

Monthly meetings host speakers on a wide variety of topics that will help employers reduce injuries and illness in the workplace. Network with other safety professionals and always have access to Bureau of Worker's Compensation staff.

[2019 Occupational Safety Meeting List](#)

Help us host a fun, free, and family-friendly game night to bring friends and family for a relaxing evening of classic board games, card games, checkers, Scrabble, and others.

We'll have snacks, prizes, and more! Game Night is free and open to the public, no tickets required! We look forward to hosting with you.

Typically a Tuesday from 6:30 - 8:30 p.m.



The Coalition for a Healthier Middletown works to provide knowledge and skills to increase the number of those parenting for prevention. All parents and guardians are encouraged to sign up and be in the KNOW.

[Sign up to receive KNOW! parent tips](#)

In the News



With traffic crashes being the leading cause of death in the US and nearly 40% of fatal crashes in Butler County in 2018 being youth (under age 25) National Teen Driver Safety Week was a high priority.

Did you see the story in the Journal News:
[Teen Driver Safety Stressed in Butler County](#)