

WELLNESS NEWSLETTER



TIRE RACK *WELLNESS WORKS*

energize, empower, encourage

THANK YOU FOR ALL THAT YOU DO

THE TIRE RACK WELLNESS WORKS PROGRAM IS DEDICATED TO SUPPORTING A HEALTHY AND HAPPY WORKPLACE CULTURE THAT IN TURN SUPPORTS THE HEALTH AND POSITIVE WELL-BEING OF ALL TIRE RACK EMPLOYEES AND THEIR FAMILIES. HERE'S TO YOU AND ALL THAT YOU DO FOR OUR COMPANY - THANK YOU!





"Be honest,
work hard,
have fun,
be grateful,
pay it forward"

"Success requires hard work. Keep your eyes open for new opportunities. Take a real interest in your employees. They are the ones that make you successful."



Last Month's Happenings



TIRE RACK
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March's Volunteer Initiative

DEVELOPMENTAL DISABILITIES AWARENESS MONTH

Developmental disabilities are a group of conditions due to an impairment in physical, learning, language or behavior areas. About **1 in 6 children** in the US have one or more developmental disabilities or other developmental delays.



Team MN's Employee Appreciation Day



JOIN US & THE LOGAN CENTER TO

STRIKE UP SOME BOWL TIME!

MARCH 24TH • 3:45-5:30PM
PARKWAY LANES
MISHAWAKA, IN



Team GA's
"Guess the Paperclips"





DE hid some “golden tickets” inside of their treats - including “lucky leprechauns” that awarded the winner a choice from the prize box, and even the “pot of gold” which awarded the winner one of the top 10 prize pickers for the 2024 holiday season - way to go, Heather and Team DE!

Team C1's “Wear Green Day”



St. Patrick's Celebration

Friday, March 15

Wear Green!!

Come to the office for a St. Patty's Day Treat!



In following the Community Outreach Program's traditions, April will hold our **4th Annual Cleanest DC Challenge** - may the cleanest DC win!

Do you wish to clean up your community? Keep an eye out for this month's volunteer initiative email - coming soon to an inbox near you!

APRIL'S VOLUNTEER INITIATIVE

Go the Extra Mile. it's Never Crowded

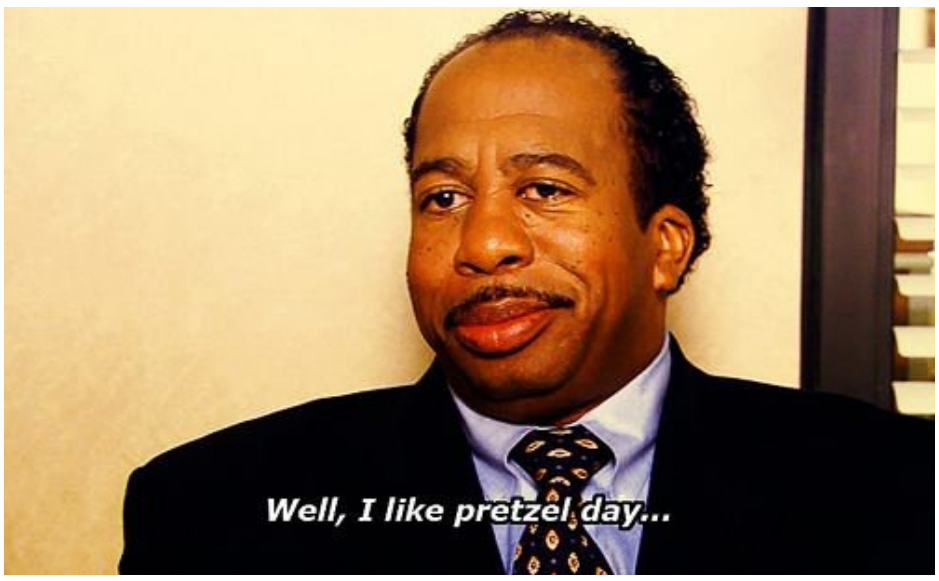


As a "thank you" for your efforts, Tire Rack will donate \$100 to local charities for each employee that volunteers during a Big Event! *This includes 1 donation for each warehouse that participates this month!*

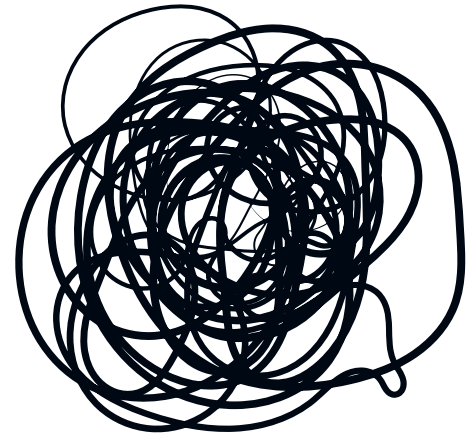


Easy Pea &
Spinach
Carbonara

- | | | |
|-----------|----------|----------|
| ANTENNA | GAUGES | RADIATOR |
| AXLE | GLOVEBOX | RIMS |
| BRAKES | HEATER | ROOF |
| BUMPER | HOOD | SEATS |
| CLUTCH | HORN | SPEAKERS |
| ENGINE | LIGHTS | SUNROOF |
| FENDER | MIRROR | TIRES |
| FLOOR MAT | MUFFLER | TRUNK |
| FUEL TANK | ODOMETER | WHEELS |
| FUSES | PEDALS | WIPERS |



National Pretzel Day



Strategies to avoid BURNOUT and taking care of yourself



Practice SELF CARE

take time for yourself
get enough sleep
eat a healthy diet



Take BREAKS

rest and recharge daily
spend time in nature
regular short breaks



Manage WORKLOAD

organize your activities
break down large projects
realistic goals and deadlines



Identify SOURCES OF STRESS

reduce stress triggers
focus on solutions
challenge negative self-talk



Stay ORGANISED

write things down
declutter your space



Practice TIME MANAGEMENT

prioritize your tasks
create a schedule
productivity tools & techniques



Practice MIDFULNESS

focus on the present
gratitude and meditation
deep breathing exercises



Pursue HOBBIES

time for your passions
engage in activities you enjoy
learn new skills



Set BOUNDARIES

stay focused
learn to say "no"
unplug from technology



EXERCISE

physical activity everyday
go for a walk
yoga or stretching



Connect with OTHERS

time with friends and family
group activities
attend local events



Ask for HELP

talk to your manager or HR
seek professional help
social support



Download the
mobile app today!



1-888-881-5462



supportlinc.com
group code: **tirerack**



Spring into action
and start
scheduling your
yearly check-ups!

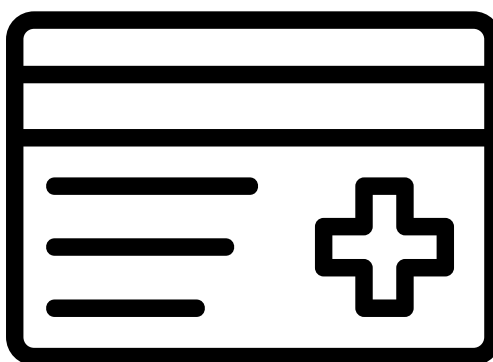


HOW DO I
FIND LOCAL
PROVIDERS?

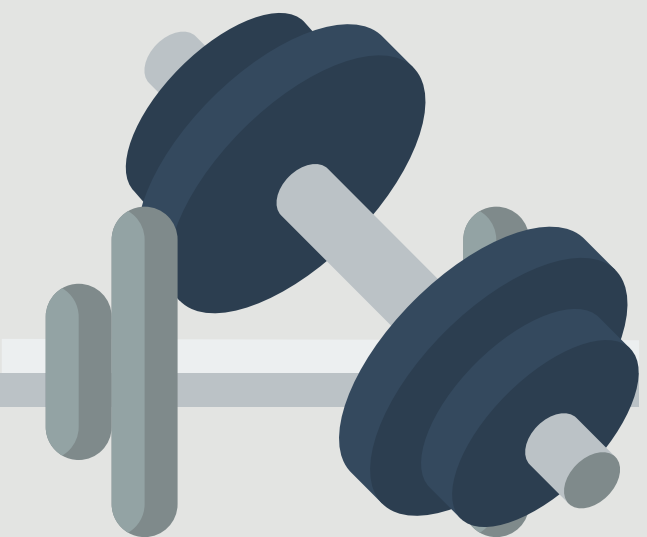


April Buck, RN
provides Nurse
Navigation for complex
medical issues!

April Buck, R.N., BSN, CCRN
april.buck@discounttire.com
(574) 287-2345 ext 4851



Click the photos for links to each
provider's search engines!



Did you know that you have access to discounted gym memberships on support linc?



**STOP
WISHING
START
DOING**



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JUNE 5K SIGN-UP
DEADLINE 4/26/24



**What do
you call a
hammer
bought on
April 1?**

An April tool.



COMEDY CORNER

You've heard that April showers bring May flowers, but you know what May flowers bring? Pilgrims mostly.

Did you hear the story about the guy who switched the labels on the pumps at the gas station? It was an April Fools' joke.

Why did the egg hide?
It was a little chicken.

How can you tell it's a dogwood tree?
By the bark.

What's the difference between a spring roll and a summer roll? Seasoning.

Why are frogs so happy?
They eat whatever bugs them.



After

35 YEARS

of leadership, creativity and dedication, Matt is choosing to extend his weekend by five days.

Let's celebrate Matt's contributions and offer best wishes for this next chapter of life.

His official last day will be April 1st.

Please join us on

April 10th from 5-7pm
in the corporate headquarters lobby.

Stop in to enjoy refreshments & share memories!

*Happy
Retirement*

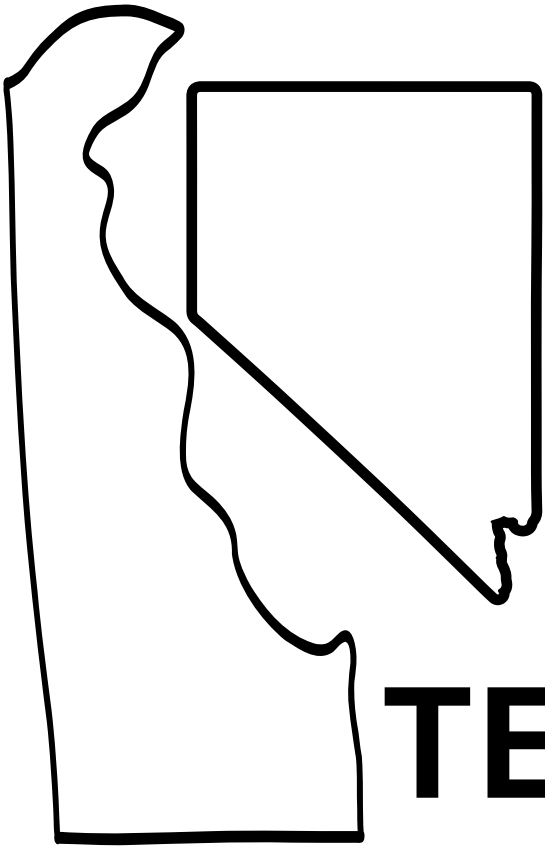


EMPLOYEE SHOUTOUT

Team NV's "Ray of Light" shined his way straight into this month's employee spotlight. As a five-year Tire Rack team member, he leads the chassis department and takes initiative to support all other departments as needed. Ray is a recently-retired pastor (previously responsible for twenty-seven churches in the greater Reno area), and is always willing to lend a prayer for his fellow employees seeking spiritual support. He supports team members in other ways as well—the NV team loves the fresh eggs from his chicken coop, which Ray gives to friends in need! Ray's beaming positive energy, patience, and willingness to assist fellow team members makes him stand out. Thank you for all that you do, Ray!

Ray Behrens

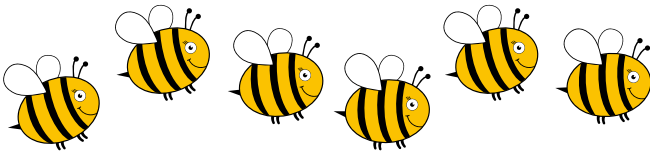
NEVADA



‘Tis the season for some seedlings! DE & NV will be planting fruit and veggie seedlings for employees to be able to take home and enjoy in their own gardens!

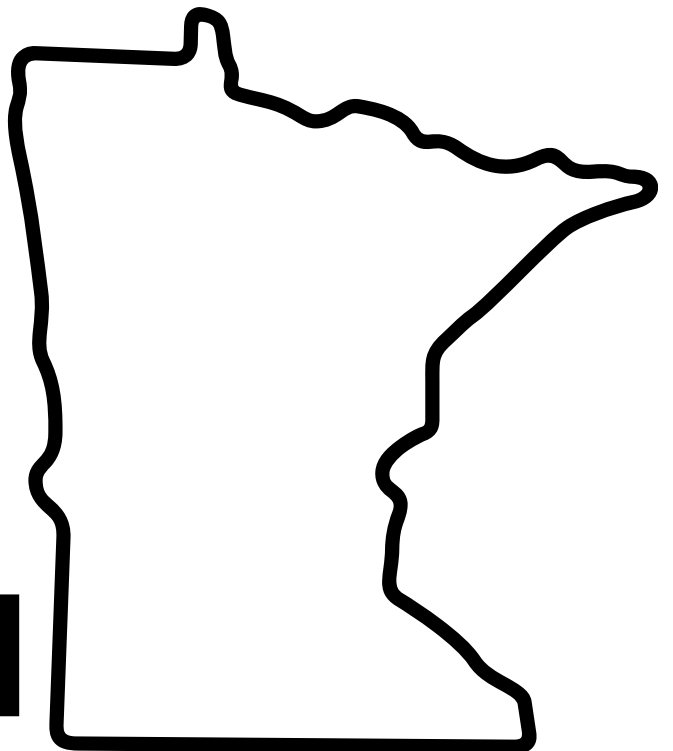
TEAM DE + NV

WHAT'S HAPPENING IN APRIL?



Nothing says Spring like teaching co-workers about the need for bugs! Did I mention they will be putting up bee hotels and hummingbird feeders?

TEAM MN





NOTE FROM THE AUTHOR

Do you have a co-worker or employee who you **wish to be mentioned** in a future **Employee Shoutout** section? Or **something you wish to see in the newsletter?** Please email the information to **EWP@tirerack.com**



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