

Healthy Talk

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Join us at virtual Keeping Well at Work 2020!

The Healthy Workplace Committee has been working diligently over the past few months to bring you the fourth annual Keeping Well at Work event. The event will be happening virtually over a two-week period, from October 14th to October 23rd.

This year, we have organized multiple Wellness Workshops with several departments on campus and a few external organizations including the Canadian Mental Health Association and Homewood Health.

Over the two-week event, various facilitators will host Wellness Workshops including Chair Yoga and Mindful Breathing, Coping with Isolation and Loneliness, Tips for Balanced Eating at Home and at Work, Building Resiliency, and much more!



Register for the sessions that spark your interest through Portal or through our website at uwaterloo.ca/healthy-workplace-committee. Find more details on each workshop on our [event website](#).

Registration ends Monday, October 12th.

We hope to see you there!

More Events

Join us at Thrive!

Thrive is a series of events focused on building a culture of wellbeing and normalizing mental health struggles for University of Waterloo students and employees, including CUPE. Join us for Fall 2020 Thrive Week (**November 2-6, 2020**) by participating in various exciting events that are aligned with Thrive goals! Share your mental wellness journey through writing, art or music by filling out the Thrive Creative Showcase Form. Please visit the Fall 2020 Thrive Schedule for registration and other events!

October is Healthy Workplace Month in Canada

Get involved in Canada's Healthy Workplace Month presented by Canada Life and managed by Excellence Canada.

Throughout the month of October, you can participate in the Healthy Workplace Challenge by engaging in various activities and exploring resources that can help improve your work culture from home or from the office.

Week 1: Taking Action on Your Mental Health

Workplace Strategies for Mental Health provides several self-assessment tools including questionnaires and smartphone applications that can help identify symptoms for common mental health concerns such as anxiety, depression and bipolar disorder. For more information, visit: workplacestrategiesformentalhealth.com

Week 2: Keeping Your Workplace Safe

The Return to Work with Excellence Checklist was created by Excellence Canada to help organizations return to work safely and responsibly. This elaborate checklist is a useful tool that can help you feel more ready and confident if you are returning to work in the coming months. Download the free checklist at excellence.ca

Week 3: Making Your Workplace Resilient

'Building Stronger Teams' is a free, downloadable book created by Centre for Mental Health in the Workplace to strengthen leadership skills and build team resilience. It contains activities that will help your team while working from the office or working from home. To download this book, visit: workplacestrategiesformentalhealth.com

Week 4: Improving Your Workplace Culture

Encourage your organization to partake in healthy activities that promote overall physical, emotional, mental, and spiritual health. This can include creating a healthy eating workplace, going green at work, and putting up a wellness wall. Learn more about these activities and find more healthy workplace ideas at healthyworkplacemonth.ca

For more information about Healthy Workplace Month and the Healthy Workplace Challenge, visit: healthyworkplacemonth.ca.



Preparing for the Winter 2021 Term

As recently announced by the University, the Winter 2021 will be primarily remote for most employees on campus. Whether you are working remotely from home or working from your office, the Healthy Workplace Committee has some tips to help promote wellness and healthy living as we soon enter 2021.

#WellnessWednesdays

Once a week, urge your team to take part in #WellnessWednesdays to help reduce stress and prevent meeting fatigue. On #WellnessWednesdays, avoid scheduling meetings, promote self-care, take time away from the screen, and focus on independent work. This is also the perfect time to practice mindfulness by participating in wellness workshops and yoga and meditation. To find more information on healthy activity ideas, visit: risepeople.com

Campus Check-In

The Campus Check-In program is a tool that will help monitor campus building occupancy levels both within buildings and within departments. Log your attendance in campus buildings either using **automatic recording** by connecting any personal device (i.e. phone, laptop, tablet) to eduroam wireless network, or **manual recording** by completing the [Campus Check-In form](#). To find more information on University of Waterloo's Campus Check-In program, visit: uwaterloo.ca

Masks Are Mandatory

If you have recently returned to the office or plan on coming back in Winter 2021, a reminder that masks or face coverings are required in common indoor spaces on campus.

[Read '10 "F'ing" Strategies to Get Through this COVID-19 Crisis' on Excellence Canada by Allan E. Ebedes](#)

[Listen to the HRD Podcast on Mental health, accommodation and the workplace by Dr. Bill Howatt, Chief of Research, The Conference Board of Canada](#)

