

# Healthy Talk

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## Hello Fall!

At last, the Fall term is here! The Healthy Workplace Committee wishes everyone a safe and healthy term. Whether you have made a return to campus, are continuing to work from home, or have been working frontline on campus every day, we acknowledge that change and transition may disrupt overall wellness and hope that you can utilize some of the resources in this newsletter to support your wellbeing this fall.

In this edition of the Healthy Talk, find some tools to help you get ready for your return to campus or stay well while working from home, find details on our annual Keeping Well at Work event, and learn about some wellness activities for the fall.

### Staying Well and Informed while Working On-Campus or from Home

- Read the [Welcome Back Waterloo Guide](#) to ensure you have a safe return to campus and find some resources that will help you better manage your potential transition.
- Beginning September 7<sup>th</sup>, proof of vaccination will be required for campus access. For details on how to submit your proof of vaccination visit the [Campus Check-In page](#). For those who are not yet vaccinated, you must provide proof of being fully vaccinated no later than October 17, 2021, and you must participate in the [rapid testing program](#) if coming to campus before this date.
- Stay informed about the COVID-19 cases on campus by [consulting the COVID case tracker](#).
- [Learn more about working on campus or what your return will look like](#).
- Join us virtually at **Keeping Well at Work 2021** happening this October! More details on [Page 2](#).
- Focus on personal care by practicing healthy thinking, nurturing your body, supporting your spirit, building a strong support network, and limiting your consumption of media (Self-Care Strategies, Homewood Health Workshop).
- Take action to manage your stress by changing the situation, changing how you perceive the situation, or changing how you react in the situation (Strategies for Managing Stress, Homewood Health Workshop).
- Make time for relaxation every day and seek opportunities to generate greater health and wellbeing.





## Keeping Well at Work is Back This October!

In partnership with the Healthy Workplace Committee, Organizational & Human Development brings all employees the University of Waterloo's annual Keeping Well at Work this October. Be inspired, renewed, and refreshed in a time of continual change and uncertainty.

Enjoy two focused virtual conference days on October 13 and October 19 with poignant keynotes and a variety of concurrent sessions. Throughout the month, watch for and engage in daily wellness-inspired learnings, activities, and challenges.

Meet this year's Keynote speakers:



### Anthony McLean

Keeping Well at Work is delighted to welcome Anthony McLean as our 2021 opening keynote. In his talk, he will tackle The Intersection of Mental Health and Anti-Racism.

With a background in theatre, Anthony delivers lively presentations on diversity, anti-racism, and mental health. He has delivered hundreds of inspiring talks across Canada, the US, and Australia. Delivering research-backed tools and actionable strategies, Mclean leaves his audiences inspired to bring their best every day.

[Learn more.](#)



### Dr. Robyne Hanley-Dafoe

Keeping Well at Work is thrilled for Dr. Robyne Hanley-Dafoe to join us as our 2021 closing keynote. She will speak to the timely topic of Everyday Resiliency in Ever-Changing Times.

Described as one of the most sought-after, engaging, thought-provoking, and truly transformative international speakers and scholars in her field, Dr. Robyne is a multi-award-winning psychology and education instructor who specializes in resiliency, navigating stress and change, and personal wellness. [Learn more.](#)

This year's event will cover topics about **nutrition, mental health, physical wellbeing, wellness through an equity lens, community and campus wellness and overall personal health.** Enjoy a showcase of speakers and learnings to inspire new ideas, build community and keep Waterloo employees well at work. You don't want to miss this event!

[Register on Portal starting at noon on Tuesday, September 21.](#)

*“Caring for myself is not self-indulgence, it is self-preservation.”*

- Audre  
Lorde

## Additional Resources

[August 2021 Life Lines: Understanding Mental Health with Chronic Disease](#)

[Optimizing Resiliency: Getting the Most from Your Team](#)

[Workplace Strategies for Mental Health: Prevent Burnout](#)

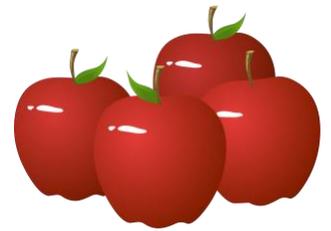
[Workplace Strategies for Mental Health: Managing Stress](#)

## Wellness Initiatives for the Fall

When you think of fall, you may think of the start of a new academic year, the changing colour of the trees, pumpkin-spiced lattes, or staying cozy with blankets. Fall can also be a great season for activities. To continue to support your wellness this term, consider trying some of the following activities this season:

### Apple Picking

It's apple season in Ontario! This is a great time to go apple picking with family and/or friends at [Applewood Farm](#) in Whitechurch-Stouffville, [Chudleigh's](#) in Milton, [Dixie Orchards](#) in Inglewood, or [look for a farm or orchard market near you](#). After picking apples, attempt to make one of these recipes: [Pie-Spiced Apple Fritters](#), [Skillet Chicken with Brussels Sprouts and Apples](#), or [Cranberry Granola Spiced Apples](#).



### Healthy Seasonal Recipes

Start planning your seasonal dinners early this year! Whether you are celebrating Thanksgiving, Diwali, Halloween, or another festive holiday, explore some healthy and hearty recipes. Find some cooking inspiration through reading these blogs: [Diwali Sweets Recipes](#), [Halloween Treats](#), and [Healthy Thanksgiving Dinners](#).



### Hiking Trails

Maximize your time outdoors before the cold settles and get some physical exercise by [finding a hiking trail](#) near you. Hiking can be as intensive or as moderate as you prefer, so call a friend and go on an adventure together!



### Attend World Mental Health Day Webinar

Join [Workplace Strategies for Mental Health](#) for an interactive event on Wednesday, October 6, 2021 at 1:00 PM in recognition of World Mental Health Day. Experts will talk about how changes to the way we work affect individuals – and vulnerable groups particularly. No registration required, just click on the Microsoft Teams [event link](#) before the start time.

