

Healthy Talk

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Hello Summer!

The Spring term is finally here! The Healthy Workplace Committee wishes all faculty and staff a safe and restful term full of sunshine and vitamin D. As most of us become fully vaccinated and progress toward our new normal, we would like to remind everyone that there are resources to support you whether you continue to work from home, are making a return to campus, or have never left campus due to a frontline role. Let's all stay safe by getting vaccinated and continuing to follow provincial and regional Public Health guidelines on- and off-campus.

In this edition of Healthy Talk, find some tools and campus resources to help support and promote your overall health and wellness this spring term.

Preparing for Your Return to Campus

Returning to campus after the pandemic is an exciting time for many but many be also be stressful for some, so we want to help you take steps to lessen or prevent feeling overwhelmed. Some tips to help you prepare include:

- Be kind to yourself and give yourself time to get used to the new routine.
- Schedule some practices into your day, whether that is reading a book or partaking in mindful breathing exercises, to balance the new change with moments of consistency.
- Reach out to your manager to discuss your department's plan to return to campus.
- Read through Mental Health Toolkits to ease your transition into the workplace. [Transition out of lockdown and the impact on you work](#), [CMHA – Return to the Workplace](#), and [One year on, what are we doing differently?](#) are a great place to start!

To learn more about what your return to campus will look like, please visit: uwaterloo.ca/coronavirus/return.

The University has also opened an on-campus rapid screening site for eligible employees and students as part of the [Provincial Antigen Screening Program](#). On-site, rapid antigen screening helps identify **asymptomatic** individuals infected with COVID-19 that regular protocols (e.g., symptom screening) might otherwise miss and therefore helps break the chain of transmission by preventing these individuals from unknowingly spreading COVID-19. Interested employees and students can learn more and book appointments on the [Rapid Screening webpage](#).

Wellness Workshops for Spring 2021

With the help of [Employee and Family Assistance Program](#) (EFAP) provided through Homewood Health, the Healthy Workplace Committee has organized several wellness sessions for you to virtually attend this Spring 2021 term!

Registration for all sessions opens June 28th!

Register now through [Portal!](#) New to Portal? [Learn more about this application.](#)

For more details on each workshop, visit uwaterloo.ca/healthy-workplace/spring-2021-wellness-sessions.

“Health isn’t about being “perfect” with food or exercise or herbs. Health is about balancing those things with your desires. It’s about nourishing your spirit as well as your body.”
- *Golda Poretsky*

Session Information	Session Details
<p>Establishing Work/Life Harmony</p> <p>Wednesday, July 28 11:00 am – 12:00 pm</p> <p>Register now until July 26!</p>	<p>This session will help you identify your key work/life stressors, clarify your values, and develop skills and strategies to effectively prioritize your time and energy.</p>
<p>Building Working Relationships</p> <p>Friday, July 30 12:30 pm – 1:30 pm</p> <p>Register now until July 28!</p>	<p>This session will review three key tools that can build relationships, will provide coaching on how to use these tools effectively, and will assist you in developing strategies to address relationship challenges.</p>
<p>Self-Care Strategies During COVID-19</p> <p>Wednesday, August 11 11:00 a.m. – 12:00 p.m.</p> <p>Register now until August 9!</p>	<p>This session will increase your awareness and understanding of self-care and highlight the factors that can promote and preserve your health and well-being during the COVID-19 crisis.</p>
<p>COVID-19: Strategies for Managing Stress</p> <p>Friday, August 13 12:30 pm – 1:30 pm</p> <p>Register now until August 11!</p>	<p>This session will explore all aspects of the stress response, focusing on practical tips and tools to bring us to optimal stress levels, thereby helping us to maximize our energy and performance during the pandemic.</p>
<p>The Fundamentals of Change & Transition</p> <p>Wednesday, August 18 11:00 am – 12:00 pm</p> <p>Register now until August 16!</p>	<p>In this session, you will explore strategies, frameworks, self-care tools, and resources to navigate the change process successfully.</p>

Note: Workshops offered by Homewood Health have a limited occupancy of 50 participants.



Additional Resources

[COVID-19: Vaccine Hesitancy – Separating the Facts from Fake News](#)

[The COVID-19 Pandemic: Managing the Impact \(for Employees\)](#)

[The COVID-19 Pandemic: Managing the Impact \(for Managers\)](#)

[March 2021 Life Lines: Women's Mental Health](#)

[April 2021 Life Lines: My Wellness](#)

[May 2021 Life Lines: Children and Youth Mental Health](#)

[June 2021 Life Lines: Healthy Relationships](#)

[July 2021 Life Lines: Living a Fulfilling Life](#)

Summertime Activity Ideas

Let us make the most out of this summer while it lasts! To continue to support your wellness from home, here are some ideas for activities you can try out this summer:

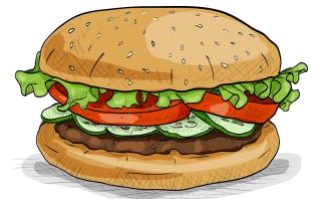
Road Trips and Picnics

Try to squeeze in a road trip this summer and visit some beautiful, remote areas around Ontario like [Southampton Beach](#), [Prince Edward County](#), and [South Georgian Bay](#). These locations are perfect for picnics with family and friends!



Healthy and Sustainable Recipes

Planning meals for lunch and dinner can sometimes be a tedious and irritating task. Summer is the best time to try new [Healthy and Sustainable Recipes](#)! The [Crunchy Quinoa and Bean Burger](#) is one delicious dinner recipe that is quick and healthy!



Hiking Trails

Maximize your time outdoors 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!



Keeping Well at Work 2021

Event Questionnaire + Call for Proposals

We would like to hear from you! If you have any ideas on what you would like to see at this year's Keeping Well at Work event **or** if you specialize in a wellness topic and would like to facilitate a session at this year's event, let us know by completing this [pre-event questionnaire](#)!

You may also email us at healthy.workplace@uwaterloo.ca and share your ideas.