

# Healthy Talk

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## Welcome, 2021!

The Healthy Workplace Committee wishes all faculty and staff a very Happy New Year! Although we welcome in a new year, all employees on- and off-campus should continue to follow the same safety measures that have been in place since the start of the pandemic. Let's continue to practice social distancing, wear facial coverings, and most importantly, stay healthy and keep others in our community safe.

Here are a few reminders and tips to promote wellness whether working in office or working from home:

### #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. To learn about more off-screen activities for wellness, visit: [risepeople.com](https://risepeople.com)

### Campus Check-In

The [Campus Check-In](#) tool is an essential resource that helps to monitor campus building occupancy levels both within buildings and within departments. Before entering any campus building, check-in using this tool.

### Register for Winter 2021 Wellness Workshops

With the help of certain internal departments and Employee Family and Assistance Program (EFAP), the Healthy Workplace Committee has organized various wellness sessions for you to participate in this term! Find more information on the workshops, facilitators, and registration deadlines below.



## Additional Resources

[Q and A with the experts: Pfizer and Moderna vaccine FAQs](#)

[Winter 2021 Workshops & Learning Events from OHD](#)

[Overcoming Financial Fatigue and Concern](#)

[Caring to Cope Through COVID – Public Webinar by Canada Life and Workplace Strategies for Mental Health](#)

## Wellness Workshops for Winter 2021

Mark your calendars and register for virtual wellness workshops offered through Microsoft Teams all throughout the Winter 2021 term!

Register for the sessions that spark your interest through Portal or through the Healthy Workplace Committee [website](#). For more details on each workshop, visit [uwaterloo.ca/healthy-workplace-committee](http://uwaterloo.ca/healthy-workplace-committee).

Session	Date & Time
<p><b>Everyday Accessibility Tools for Everyone</b> <i>Joyce Barlow &amp; Ryan Lahti</i></p>	<p>Monday, January 25 11:00 am – 12:00 pm <b>Register: January 18 – 22</b></p>
<p><b>Building Resilience in the Face of COVID-19*</b> <i>Homewood Health</i></p>	<p>Friday, February 5 12:30 – 1:30 pm <b>Register: January 25 – February 2</b></p>
<p><b>Eye Strain and Visual Demands in a Work from Home Environment</b> <i>Dr. Julie Shalhoub</i></p>	<p>Wednesday, February 10 11:00 a.m. – 12:00 p.m. <b>Register: February 1 – 8</b></p>
<p><b>COVID-19: Calming Your Mind in Challenging Times*</b> <i>Homewood Health</i></p>	<p>Thursday, February 25 11:00 am – 12:00 pm <b>Register: February 15 – 22</b></p>
<p><b>Sustainable Food Habits</b> <i>Nicole Pin</i></p>	<p>Thursday, March 18 11:00 am – 12:00 pm <b>Register: March 8 – 15</b></p>
<p><b>Beyond Stigma: Increasing Our Understanding of Mental Health in the Workplace*</b> <i>Homewood Health</i></p>	<p>Friday, March 26 12:30 – 1:30 pm <b>Register: March 15 – 23</b></p>
<p><b>Decoding Nutrition Claims and Nutrition Labels</b> <i>Nicole Pin</i></p>	<p>Tuesday, March 30 1:30 – 2:30 pm <b>Register: March 22 – 26</b></p>
<p><b>COVID-19: Calming Your Mind in Challenging Times*</b> <i>Homewood Health</i></p>	<p>Wednesday, April 7 11:00 am – 12:00 pm <b>Register: March 29 – April 5</b></p>
<p><b>Beyond Stigma: Increasing Our Understanding of Mental Health in the Workplace*</b> <i>Homewood Health</i></p>	<p>Friday, April 9 11:00 am – 12:00 pm <b>Register: March 29 – April 5</b></p>

\* Workshops offered by Homewood Health have a limited occupancy of 50 participants.

## Message from Athletics and Recreation

### Explore a few ways to stay active and healthy with your fellow warriors:

- Get moving with all of the great [Healthy Warriors at Home](#) programs
- Kick off the new year with the [Warrior Reset](#) program
- Sign up for the [Warriors Insider](#) to stay up to date on new programs, contests and resources



*“You should never view your challenges as a disadvantage. Instead, it’s important for you to understand that your experience facing and overcoming adversity is actually one of your biggest advantages.”*

*- Michelle Obama*

### Being more active does not have to involve “finding more time”. Be strategic and intentional with the time that you have.

Here are some tips to incorporate movement and activity into your day:

1. Move while you sit. If you notice your focus is beginning to drag, wiggle your fingers and toes, circle your wrists and ankles, roll your shoulders. You can also try flexing various muscles; build up tension, hold, then release.
2. Move while you work. For example: stand while at your computer, or schedule a walking meeting, both socially distanced and virtual will do the trick. Schedule transition times. Every hour or so, get up, stretch, find a change of scenery.
3. Dance break! Put on a song that pumps you up and go for it. Dance like no one’s watching!

Do you have other strategies that work for you? Find something that you enjoy and makes you feel good.

If you would like Athletics and Recreation to facilitate a movement break for an upcoming meeting, workshop, lecture, etc., please contact [Donna Rheams](#). For additional options to get moving, check out [gowarriorsgo.ca](#).