

# BE WELL BE SAFE

## MAY 2-6, 2022

### » Faculty. Staff.

Please join us in celebrating Mental Health Week and North American Occupational Safety and Health Week!

### Make sure to create a Not Myself Today profile!

Not Myself Today is an initiative of the Canadian Mental Health Association to support building a healthy workplace for all employees. Staff and faculty are encouraged to create a Not Myself Today profile to explore the resources, tools, and activities available through the online portal.

### Attend a U of G Athletics NRG Group Fitness Class for free!

All staff and faculty regardless of membership level can attend any NRG Group Fitness Class from May 2-6, 2022. Just make sure you have your employee card with you and let the front desk know you are U of G staff or faculty when coming to join a class.

MAY 2	MAY 3	MAY 4	MAY 5	MAY 6
10:00 - 10:20 a.m. <a href="#">Morning Mindful Moment: A Space for Connection</a>	Sign the <a href="#">Not Myself Today Pledge Sign</a> to show your commitment to a mentally healthy workplace! Each post on the Kudoboard will be entered to win 1 of 10, \$10 Hospitality gift cards.	10:00 - 11:30 a.m. <a href="#">We've all made mistakes and that's okay: Managing the voice of the inner critic</a>	10:00 - 11:30 a.m. <a href="#">Connectedness for our Mental Health</a>	9:00 - 9:30 a.m. <a href="#">Chair Yoga: Get Fit Where You Sit</a>
12:00 - 1:00 p.m. <a href="#">Get to Know your Campus Athletic Facilities</a>	11:00 - 11:50 a.m. <a href="#">Not Myself Today Orientation for All-Employees</a>	Take 5-minutes and send a colleague a <a href="#">kindness card</a> .	Practice having conversations about mental health by using the Not Myself Today " <a href="#">Let's Get Talking</a> " scenarios.	12:00pm-12:45pm <a href="#">Get to Know your University of Guelph Campus!</a>
Health and Safety Tip: <a href="#">Officer Ergonomics – What to Look for in a Chair</a>	Health and Safety Tip: <a href="#">Sun Safety</a>	Health and Safety Tip: <a href="#">Working in the Heat</a>	Health and Safety Tip: <a href="#">Tick Safety</a>	Health and Safety Tip: <a href="#">Safe Lifting</a>
1:30 - 3:00 p.m. <a href="#">Doorways to Post-Pandemic Growth and Recovery:</a> Kick-off Event for Be Well, Be Safe Week	1:00 - 1:50 p.m. <a href="#">Not Myself Today Ambassador Orientation</a>	1:00 - 1:45 p.m. <a href="#">COVID-19: What's New with Dr. Andrew Papadopoulos</a>	1:00 - 2:00 p.m. <a href="#">Extending the Circle: An Invitation to Cultivate Growth</a>	2:00 - 4:00 p.m. <a href="#">Virtual Paint Class with Artist Patrick Hunter</a>
Use a Not Myself Today <a href="#">virtual mood background</a> during your meetings.	<b><a href="#">What do you do to be well or be safe?</a></b> Make a post on the Kudoboard your chance to randomly win a package of three personal training sessions with a U of G Athletics personal trainer!		Supervisors, learn more about management practices that <a href="#">support the psychological health of your teams</a> .	Participate in the <a href="#">Spot the Hazards Activity</a> for your chance to win one of three \$25 gift cards!

<https://www.uoguelph.ca/wellnessatwork/be-well-be-safe>



# BE WELL BE SAFE

MAY 2-6, 2022



## Description of Activities

### **CHAIR YOGA: GET FIT WHERE YOU SIT**

Chair Yoga is the way to go when you are reluctant to get into the yoga clothes and get on the mat- challenge yourself with Chair yoga.

Chair Yoga is a gentle yoga practice that adapts various traditional postures for practice in the chair or with the support of a chair. It is a gentle form of yoga that involves breath-work, meditation, and gentle stretches; all of which release stress and tension from both body and mind. This form of yoga helps those who are aging or have disabilities but is also used in office settings to relieve stress right in our own office chairs, even during the workday. The practice increases flexibility, strength, and body awareness. It soothes the nervous system and helps to calm the busy mind. It also decreases the potential for injury due to repetitive strain in the workplace!

**Facilitated by:** Monique Vischschraper. Monique Vischschraper is an advanced, certified yoga instructor with over a thousand hours of yoga teaching experience. Monique leads yoga at the Guelph Community Health Centre, Movati, and at the University of Guelph as part of the U of G Yoga and Meditation Collective. She enjoys learning about the anatomy, physiology and science of yoga as well as studying the ancient yogic texts.

### **CONNECTEDNESS FOR OUR MENTAL HEALTH**

Through all the lockdowns during the COVID-19 pandemic, it has become evident how important connection is for us all as a core human need. Most of us know what empathy is and the importance it; however, it still is unappreciated as a powerful and delicate way to our being.

Join us for this 90-minute interactive workshop as we explore what it means to use an empathetic approach throughout our day to foster relationships and support the mental wellbeing of ourselves and those around us.

In this 90-minute workshop we will explore:

- Connection as a core human need;
- Understand how social connection impacts our mental health;
- Deepen our understanding of a relationship-building approach to life and meaningful communication; and
- What it means to use vulnerability and empathy in the workplace.

**Facilitated by:** Isidora Nezc, MSW, RSW, Wellness@Work Advisor, Human Resources

### **COVID-19: WHAT'S NEW WITH DR. ANDREW PAPADOPOULOS**

Join Dr. Andrew Papadopoulos for a brief talk on the current COVID-19 pandemic. He will provide details about the state of current pandemic both locally and across Canada as well as review the latest science on prevention. The talk will provide some perspective about the potential path of the pandemic over the coming weeks and months.

Dr. Andrew Papadopoulos will answer questions you have related to COVID-19.

**Facilitated by:** Andrew Papadopoulos. Andy is a professor in the Department of Population Medicine and the coordinator of the Master of Public Health Program. His research focuses on environmental public health issues and public health policy.





## DOORWAYS TO POST-PANDEMIC GROWTH AND RECOVERY: KICK-OFF EVENT FOR BE WELL, BE SAFE WEEK

As we all learn to adjust to our new normal, many of us are still left with varying levels psychological stress, strain, and exhaustion. Mental illness, another affliction brought on by the pandemic, has never been higher - with studies showing a 30% increase in major mental health struggles. Join with us to kick off Be Well, Be Safe week as we spend time together to identify empathic strain, burn out and emotional “pain points” from the pandemic. We will explore contributing factors and leave with some personal and professional biopsychosocial strategies for achieving postpandemic growth.

All U of G staff and faculty are encouraged to attend this event.

**About the Speaker:** Charity Fleming, MSW Registered Social Worker is co-owner of Qualia Counselling Services and a Faculty at Wilfrid Laurier University. Charity has a passion for increasing access to high quality mental health services, for offering Cognitive Behaviour Therapy, and for adapting psychotherapy for Indigenous people. Charity is the Chief of Operations at her psychotherapy practice and is the Qualia Director of the CBT teaching program at Wilfrid Laurier University. Charity has a family with four children and four pets, and proudly identifies as Anishinaabe kwe, name dodem (Sturgeon Clan).

## EXTENDING THE CIRCLE: AN INVITATION TO CULTIVATE GROWTH

Research has shown that spending time in nature is beneficial for both our bodies and our minds, and has the capacity to reduce stress, lower anxiety, and encourage mental and emotional wellbeing. Join Horticultural Therapy Practitioner Guinevere Kern in bringing the outdoors inside for a 1 hour, hands-on, engaging program that harnesses horticulture to support health and wellness and uplift your day, irrespective of the size of your “green thumb”. Participants will have all live plants, soil, and related items provided by Wellness@Work, but should have access to a clean, flat surface to work on. This session will center around transplanting 3 different types of plants in early stages of development to accommodate both indoor and outdoor plant growth opportunities as we enter Spring!

**Supplies:** Wellness@Work will purchase supplies to reduce barriers to participation. Registrants will be emailed ahead of the session date with pickup time options and instructions for preparing for the session. Pickup will be on U of G main campus, in the University Centre on Wednesday May 5th and/or Thursday May 6th. Time is yet to be determined.

**About the Facilitator:** Guinevere is a Horticultural Therapy Practitioner who facilitates physical and emotional movement in client-centered programming to encourage curiosity, find nourishment, and build hope. Guinevere has completed an intensive 1000-hour Horticultural Therapy Internship specializing in therapeutic gardening and community development, founded a Horticultural Therapy Program in a long-term care facility, works as a Nature Based Therapist for people in rehabilitation from Motorized Vehicle Accidents, and works for the University of Guelph in the Department of Plant Agriculture in native wildflower and ornamental plant research. Prior to her career in Horticulture and Horticultural Therapy, Guinevere has 10 years of background in organic farming, gardening, and food services in California and Oregon, academic education in Religion, Women & Gender Studies, and Diasporic Studies, and over 15 years of direct involvement alongside systemically and historically disenfranchised populations. These experiences inspire her intersectional, integrated approach to health and wellness that invites us to cultivate the precious, interconnected relationship between plants, the broader environment, ourselves, and one other.

## GET TO KNOW YOUR CAMPUS ATHLETIC FACILITIES (IN-PERSON)

Looking to start a new fitness or wellness journey? Did you know that all staff/faculty on campus have access to a subsidized rate to use the on-campus facilities? Join us on a tour of what programming/services and equipment is available to our staff/faculty members and why the Athletic facilities might just be the best fit for you!

Attendees of this tour will receive a free day pass for recreation in the Guelph Gryphons Athletics Centre, including access to the Fitness Centre and / or a fitness class, to use at their convenience!

## GET TO KNOW YOUR UNIVERSITY OF GUELPH CAMPUS! (IN-PERSON)

Join us as we walk around the University of Guelph campus and learn a bit of history about the buildings while we get our daily walk in. This is a wonderful chance to learn more about the campus community. If you are a new employee who has been hired during the pandemic this is a great opportunity to learn where different campus departments work!

**Facilitated by:** Steve Nyman, Director Maintenance and Energy Services





## MORNING MINDFUL MOMENT: A SPACE FOR CONNECTION

Join this short mindful moment to kick start your Monday morning and your week. Join to sit back, relax and follow along to the guided script to start your day in a positive way. All levels of experience are welcome!

This mindfulness exercise will be a guided activity focused on connection as we use the theme of empathy to influence our programming for Be Well, Be Safe week!

### But first... what is mindfulness?

Mindfulness is having a moment-by-moment awareness of our thoughts, feelings, and experiences without judgment. It is taking a closer look at the right here and right now. A well-known researcher in this field, Dr. Jon Kabat-Zinn, has stated that mindfulness is, “the awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally” (2015).

**Facilitated by:** Isidora Nezic, MSW, RSW, Wellness@Work Advisor, HR

## NOT MYSELF TODAY AMBASSADOR ORIENTATION

Take the first step to building a greater awareness of the importance of mental health in the workplace, reducing stigma, and fostering a safe and supportive workplace culture by learning more about the [Not Myself Today \(NMT\) Initiative](#).

NMT Ambassadors are employees who manage and/or supervise others or wish to lead activities related to mental health for their teams. All NMT Ambassadors will have access to digital and printable activities provided through the NMT platform, including facilitation tips. Implementation for NMT Ambassadors can be easy and minimal additional work for teams as the 5-minute “ice breakers” can be incorporated into pre-existing team meetings or resource activities can be used with no more than 10-minutes of prep time required. If you are interested in becoming a NMT Ambassador at U of G, begin by completing the [NMT Ambassador registration form](#) to receive your access code for the platform.

The following orientation is geared towards those in a leadership or supervising position or those who wish to facilitate conversations related to mental health. During this session attendees will be familiarized with the Not Myself Today platform, resources available and next steps for leaders and facilitators to guide conversations related to mental health.

## NOT MYSELF TODAY ORIENTATION FOR ALL-EMPLOYEES

Take the first step to building a greater awareness of the importance of mental health in the workplace, reducing stigma, and fostering a safe and supportive workplace culture by learning more about the [Not Myself Today \(NMT\) Initiative](#).

Employees who are not in supervisory positions and wish to have access to the NMT resources and learning modules are able to access the NMT platform via the All-Employees registration level. For this registration level, begin by completing the [NMT All-Employees registration form](#) to receive your access code for the platform.

The following orientation is geared towards all employees who wish to familiarize themselves with the Not Myself Today platform and the resources available. Register now!

## VIRTUAL PAINT CLASS WITH ARTIST PATRICK HUNTER

Join us as we wrap up Be Well, Be Safe Week with a virtual paint class with acrylic paints! Space is limited to 20 participants so make sure to register if you are interested.

Participants will learn:

- The fundamentals of painting/techniques in a fun & positive environment.
- The importance of mental health & healing through the arts.
- The spiritual significance/history of the Woodland Art form in Indigenous communities.
- Basic cultural competency understanding & artistic confidence.

**Facilitated by:** Patrick Hunter. [Patrick Hunter](#) is a 2Spirit Ojibway Woodland artist from the community of Red Lake, in North Western Ontario. Patrick paints what he sees through a spiritual lens which is inspired by his homeland and growing up seeing the original works of Woodland painter Norval Morrisseau in various buildings around his home town. After working as a graphic designer, Patrick launched Patrick Hunter Art & Design, specializing in artwork and designs from his cultural background with the intent of making artwork that creates a broader awareness of Indigenous iconography. His works can be viewed in the buildings around Toronto such as at CBC Headquarters, Toronto City Hall, TD & BMO banks, The Prince's Trust Canada, Rogers Headquarters, and the Ontario Trillium Foundation. Or perhaps you may be familiar with his work such [Marc-Andre Fleury's NHL goalie helmet](#) and [2022 Winter Olympic curling team uniforms](#)!





## **WE'VE ALL MADE MISTAKES AND THAT'S OKAY: MANAGING THE VOICE OF THE INNER CRITIC**

Making mistakes and experiencing failure are more common than we think, and part of the reality of work, especially during a pandemic. In this hands-on workshop, we will use the phenomenon of failure to frame negative experiences and focus on dealing with mistakes in the workplace. We will discuss how we define failure, how we react to it, as well as some tangible strategies to help manage our experiences with failure (and other distressing situations) and the inner critic. We will cover concepts like resilience, self-compassion, thought traps, and re-storying our experiences, among many others. There will be opportunities to share experiences and time to reflect.

**Facilitated by:** Victoria Fritz. Victoria is currently the Mental Wellbeing Facilitator in Wellness Services, helping to support current U of G students develop skills and strategies to increase their mental wellness during their time at the University. Victoria is also a PhD candidate in Family Relations and Human Development exploring student stories of academic failure. Victoria is a Registered Social Worker and has a passion for supporting and encouraging wellbeing in everyday life and mindfulness practices.



[uoguelph.ca/wellnessatwork/be-well-be-safe](https://uoguelph.ca/wellnessatwork/be-well-be-safe)

