
























MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND: SAT/SUN	
<b>1</b> Mental Illness Awareness Week Campus Mile: Healthy Workplace Month Launch Event Celebrate our Spaces Photo Contest (Runs Oct. 1 <sup>st</sup> - 22 <sup>nd</sup> )	<b>2</b>	<b>3</b> Get a Better Sleep Workshop  12:00pm - 1:00pm   (R)	<b>4</b> Eating for Mental Well-being  12:00pm - 1:00pm   (R) Blood Donor Clinic - Woodstock  1:30pm - 7:30pm   Goff Hall   381 Finkle St.   (R)	<b>5</b> FHT to Move Activity Challenge Closes Establishing Work-Life Harmony  12:00pm - 1:00pm   (R)	<b>6/7</b> Discover our Spaces Scavenger Hunt (Runs Oct. 6 <sup>th</sup> - 19 <sup>th</sup> )	
<b>8</b> Happy Thanksgiving! 	<b>9</b> Fire Prevention Week	<b>10</b> World Mental Health Day Exercise Tutorial - Arkell 1:00pm - 2:00pm	<b>11</b> Blood Donor Clinic - Elora  3:00pm - 7:00pm   Elora Community Centre   29 David St. West   (R)	<b>12</b>	<b>13/14</b> Gryphon Varsity Football Game vs Toronto Varsity Blues  Kickoff @ 1:00pm   Alumni Stadium	
<b>15</b> Blood Donor Clinic - Guelph  10:00am - 4:00pm   University Centre, Peter Clark Hall   (R)	<b>16</b> Blood Donor Clinic - Simcoe  2:00pm - 7:00pm   Royal Canadian Legion   200 West St.   (R)	<b>17</b>	<b>18</b>	<b>19</b> The Emotional Effects of Retirement  12:00pm - 1:00pm   (R) Discover our Spaces Scavenger Hunt Ends!	<b>20/21</b> Blood Donor Clinic - Woodstock  8:30am - 11:30am   Goff Hall   381 Finkle St.   (R)	
<b>22</b> Celebrate Our Spaces Contest Ends!	<b>23</b> Beating Workplace Stress  12:00pm - 1:00pm   (R) Blood Donor Clinic - Guelph-Humber  10:00am - 2:00pm   Humber College, North Campus - Central Concourse   205 Humber College Blvd.   (R)	<b>24</b> Blood Donor Clinic - Guelph-Humber  10:00am - 2:00pm   Humber College, North Campus - Central Concourse   205 Humber College Blvd.   (R)	<b>25</b>	<b>26</b> Psychology of Well-Being Panel  12:00pm - 1:00pm   (R)	<b>27/28</b>	
<b>29</b> Meatless Monday!	<b>30</b> ----- Spooktacular Space Contest! -----	<b>31</b> Halloween Day 	 <ul style="list-style-type: none"> <li> MENTAL HEALTH &amp; WORKPLACE CULTURE</li> <li> ORGANIZATIONAL SOCIAL RESPONSIBILITY</li> <li> HEALTHY LIFESTYLES</li> <li> PHYSICAL ENVIRONMENT</li> <li> WEBINAR OFFERED / RECORDING AVAILABLE AFTER SESSION</li> <li>(R) = REGISTRATION REQUIRED</li> </ul>			 <p>UNIVERSITY of GUELPH</p> <p>IMPROVE LIFE.</p>

## WEEK ONE

(October 1 - 7)

### Mental Illness Awareness Week

Mental Illness Awareness Week is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness.

### Campus Mile: Healthy Workplace Month Launch Event

Staff, faculty, and students are invited to celebrate the launch of Healthy Workplace Month with a Campus Mile. Walk, run or roll a mile at your campus or research station with your colleagues and friends! This is a chance for you to engage in physical activity as well as connect with colleagues, take in the sights and sounds of your beautiful campus or research station, thereby enhancing your mental mood.

### Celebrate Our Spaces Photo Contest

What's your favourite space on campus or at your research station? Take a photo of the place that you love best on campus, at Ridgetown, the University of Guelph-Humber or at a research station – anywhere U of G is! – and tell us why you like it so much. A panel of judges will select the top three photos and award prizes.

Submit photos to [wellnessatwork@uoguelph.ca](mailto:wellnessatwork@uoguelph.ca)

### (R) Get a Better Sleep Workshop

Does it take a long time to fall asleep? Mid-night awakenings? Sleep is not refreshing? Learn the most effective drug-free strategies to promote better, restful sleep. (Yes, it's true that long term use of sleeping pills changes your sleep structure and generates insomnia!) You can live-stream this session remotely through Adobe Connect at the following link: <http://uoguelph.adobeconnect.com/wellnesslunchsessions/>.

### (R) Eating for Mental Well-Being Workshop

Join this interactive session to learn about the connection between our food habits and mental well-being. You will learn specific tips and tools that can be helpful in managing stress, anxiety, low energy, and difficulties with concentration and focus. You can live-stream this session remotely through Adobe Connect at the following link: <http://uoguelph.adobeconnect.com/wellnesslunchsessions/>.

### (R) Establishing Work-Life Harmony

Many of us feel overwhelmed by competing work and family demands. This session helps participants identify their key work/life stressors, clarify their values and develop skills and strategies to effectively prioritize their time and energy. You can live-stream this session remotely through Adobe Connect at the following link: <http://uoguelph.adobeconnect.com/wellnesslunchsessions/>.

### Discover our Spaces Campus Scavenger Hunt

U of G is made of a number of buildings of diverse architecture. Go online to find details about this scavenger hunt activity made up of photos of buildings from the Guelph campus for you to find. When you complete the activity submit it to [wellnessatwork@uoguelph.ca](mailto:wellnessatwork@uoguelph.ca). Prizes available!

## WEEK TWO

(October 8 - 14)

### Fire Prevention Week

Look. Listen. Learn. Be aware. Fire can happen anywhere! Learn more about the essential steps to take in a fire, read safety tip sheets and view activities for kids to educate them about fire safety. Visit: [www.nfpa.org/fpw/](http://www.nfpa.org/fpw/).

### World Mental Health Day

World Mental Health Day aims to raise awareness of mental health issues around the world and mobilize efforts in support of mental health. How do you promote your mental health? Tweet using hashtag #WellnessatUofG

### Gryphon Varsity Football Game vs Toronto Varsity

If you are able to make it to the Guelph campus, join us for the kickoff at 1:00pm at Alumni Stadium.

### (R) Blood Donor Clinic

There are a variety of blood donor clinics in different locations throughout the month. Find the clinic closest to you on the Healthy Workplace Month Calendar and register online for a time to donate. Give the gift of life to another person by donating blood. Visit the website to sign-up for a time to donate: <https://blood.ca/en>.

## WEEK THREE

(October 15 - 21)

### (R) The Emotional Effects of Retirement

Planning to retire can be a source of both excitement and anxiety. Whatever the emotional response, retirement marks a transition to a new life stage and lifestyle in which daily routines, identity, and roles all change. This session will introduce participants to the emotional effects of retirement. You can live-stream this session remotely through Adobe Connect at the following link: <http://uoguelph.adobeconnect.com/wellnesslunchsessions/>.

## WEEK FOUR

(October 22 - 28)

### (R) Beating Workplace Stress

In this workshop, participants will learn how to effectively deal with the stress of everyday working life through a series of interactive activities. Participants will gain a better understanding of the difference between maladaptive and productive coping strategies, while becoming equipped with the evidence-based strategies for happier, healthier working lives. You can live-stream this session remotely through YouTube at the following link: <https://www.youtube.com/watch?v=1hndB7NGkY>

### (R) Psychology of Well-Being Panel

This panel features renowned psychologists from the University of Guelph's Centre for Workers' Health and Well-Being, who will be sharing tips and strategies for individuals to improve their personal well-being inside and outside of their office walls. You can live-stream this session remotely through YouTube at the following link: <https://www.youtube.com/watch?v=TDb01uMt47Q&feature=youtu.be>

## WEEK FIVE

(October 29 - 31)

### Meatless Monday

The Sustainability Office has put together a Meatless Monday blog with a list of where to eat meatless at U of G. View the top 3 winning vegetarian recipes from The Great Wellness@Work Recipe Contest. Show off your healthy meals using the hashtag #wellnessatUofG! Learn more at the [Wellness@Work](mailto:Wellness@Work) website.

### Spooktacular Space Contest

Festively decorate your research station, work space or common area with your colleagues and submit your photos using the hashtag #wellnessatUofG or email to [wellnessatwork@uoguelph.ca](mailto:wellnessatwork@uoguelph.ca). Prizes are available for the best dressed office or work space!

Please visit  
[www.uoguelph.ca/wellnessatwork](http://www.uoguelph.ca/wellnessatwork)  
to learn more about each free event and  
complete registration where required.

