

# BE WELL

# BE SAFE

## MAY 7-11, 2018

**Faculty. Staff. Students.**



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

\*Please note that registration is required for sessions marked with (R)

MONDAY May 7	TUESDAY May 8	WEDNESDAY May 9	THURSDAY May 10	FRIDAY May 11
9:00 a.m. to 12:30 p.m. (R) <b>SafeTALK Training</b> Summerlee Science Complex, Room 3317	9:00 a.m. to 12:00 p.m. (R) <b>CMHA Mental Health Works Training</b> University Centre, Room 441	10:00 a.m. to 10:30 a.m. (R) <b>Random Act of Kindness: Write a Letter</b> University Centre, Room 442	9:00 a.m. to 12:00 p.m. (R) <b>Employee Happiness Workshop</b> University Centre, Room 441	10:00 a.m. to 11:00 a.m. <b>Self-Care, Stress &amp; Burnout</b> University Centre, Room 441
11:00 a.m. <b>Wellness Resource Fair Opens</b> Summerlee Science Complex Atrium	12:00 p.m. to 1:00 p.m. <b>Eating for Mental Well-being Workshop</b> University Centre, Room 335	11:00 a.m. to 12:00 p.m. <b>Flourishing in Work &amp; Life: Taking Control of your own Wellbeing</b> University Centre, Room 442	12:10 p.m. to 1:00 p.m. <b>Spring Wellness Walk</b> Meet at Lab Services, 95 Stone Road West	12:00 p.m. to 1:00 p.m. (R) <b>Wellness Friday: Building Working Relations</b> Alexander Hall, Room 168
11:30 a.m. to 12:00 p.m. (R) <b>Light Lunch</b> Summerlee Science Complex Atrium	12:00 p.m. to 1:30 p.m. (R) <b>Financial Wellness Seminar: Supporting your Aging Loved Ones</b> Peter Clark Hall, University Centre, Room 001	12:00 p.m. to 1:00 p.m. <b>Mindfulness Training Workshop</b> Peter Clark Hall, University Centre, Room 001	12:00 p.m. to 1:00 p.m. <b>The Super 7: Self-Care Workshop</b> University Centre, Room 441	12:00 p.m. to 1:00 p.m. (R) <b>Zentangle Workshop</b> University Centre, Room 441
12:00 p.m. to 1:00 p.m. (R) <b>Kick-off Event: Road to Resiliency</b> Keynote Speaker Lynne Skilton-Hayes with remarks from Don O'Leary and Brenda Whiteside Summerlee Science Complex Atrium	1:00 p.m. to 2:00 p.m. (R) <b>Exercising the Mind for Mental Health in the Workplace</b> Free webinar online	12:00 p.m. to 1:00 p.m. (R) <b>Beyond Stigma: Increasing our Understanding of Mental Health in the Workplace</b> Alexander Hall, Room 168	1:30 p.m. to 3:00 p.m. (R) <b>Beyond the Books Training</b> University Centre, Room 442	1:00 p.m. to 1:45 p.m. <b>The Pathway to Resilience: How to Effectively Regulate Emotions</b> University Centre, Room 441
1:00 p.m. to 3:00 p.m. <b>Wellness Resource Fair</b> Summerlee Science Complex Atrium	1:00 p.m. to 4:30 p.m. (R) <b>SafeTALK Training</b> Summerlee Science Complex, Room 3317	12:05 p.m. to 1:00 p.m. <b>Free Fitness Class: Balanced Body</b> Guelph Gryphons Athletics Centre, Room 3214	6:30 p.m. to 7:30 p.m. <b>Free Fitness Class: Vinyasa Yoga</b> Guelph Gryphons Athletics Centre, Room 3214	1:45 p.m. to 2:30 p.m. <b>The Pathway to Resilience: Mind-sets and Strategies for Effective Coping</b> University Centre, Room 441
1:00 p.m. to 3:00 p.m. <b>Interactive Labyrinth</b> University Centre Courtyard	2:00 p.m. to 4:00 p.m. (R) <b>Coffee with the President</b> The Bullring	1:00 p.m. to 2:30 p.m. (R) <b>Take a Paws</b> Athletics, Gryphon Lounge, Room 131	10:00 p.m. to 11:00 p.m. (R) <b>Take a Paws</b> Athletics, Gryphon Lounge, Room 131	
		1:00 p.m. to 4:00 p.m. (R) <b>Learn to be a Safe Cyclist: Part 1</b> University Centre, Room 442		
		6:00 p.m. to 9:30 p.m. (R) <b>CMHA SafeTALK Training</b> Once registered, CMHA will share location in Guelph		

Please visit the Wellness@Work website to learn more about each event and complete your registration where required. All events are free. <https://www.uoguelph.ca/wellnessatwork/>



IMPROVE LIFE.



STUDENT WELLNESS  
Live well. Achieve well.

Accessibility Services  
Counselling Services  
Education & Promotion Centre  
Health & Performance Centre  
Health Services

# BE WELL BE SAFE MAY 7-11, 2018

## » Description of Activities

### SAFETALK

SafeTALK is an alertness training that prepares anyone, regardless of prior experience or training, to become a suicide-alert helper. The SafeTALK trainer will demonstrate the importance of suicide alertness and help participants identify ways people invite help when they're at risk. The goal is to provide staff with skills to support students facing mental health issues and to build capacity across campus on resources and support programs available for students.

### WELLNESS RESOURCE FAIR

Drop by the Summerlee Science Complex Atrium to explore and learn about the resources we have available on our campus and in our community. Brochures, information and swag will be available for anyone who pops by between 11am-3pm! Come out and win one of several great prizes. Here is a snapshot of some of the services, supports and resources that will be participating in this event:

- CMHA and Here 24/7
- Employee and Family Assistance Program (EFAP)
- Sun Life
- Student Wellness
- Public Health
- Occupational Health and Wellness
- Environmental Health and Safety
- Athletics
- Arboretum
- Health and Performance Centre
- Campus Police
- Learning and Development
- Good2Talk

### KEYNOTE KICK-OFF EVENT: ROAD TO RESILIENCY

Join us as Don O'Leary (VP Finance, Administration and Risk) and Brenda Whiteside (AVP, Student Affairs) welcome Lynne Skilton-Hayes as our keynote speaker talking about her own road to resiliency. Lynne's journey to the fitness professional she is today has been filled with challenges and obstacles both mental and physical. Struggling to figure out who she was anymore, she found the best version of herself through fitness. Lynne will share her journey and how she overcame adversity to create the life and career she wanted to live. Now her mission is to help others find their journey and the best version of themselves both in and out of the gym.

Lynne Skilton-Hayes is the Fitness Program Supervisor at the University of Guelph where she is responsible for hundreds of programs for students, faculty, staff and community. She holds a bachelor's degree in Science and brings over 23 years of education and experience to the fitness industry. Lynne is an International fitness presenter/educator, Matrix Master Trainer, a canfitpro ProTrainer, One Tooth Ambassador and a 2017 YMCA Woman of Distinction. She is a canfitpro and ACE certified group fitness instructor and master personal trainer. She has done work for television, print and online DVD curriculum for IDEA Health and Fitness Association.

Lynne is one of the most passionate and dynamic professionals you will ever meet. This is a reflection of her quality in teaching, her breadth of knowledge and her passion for the field. Her own pursuit of excellence has led her to achieve that recognition and consequently recognition for Guelph's achievement in the industry as well. Anyone who has been a part of her classes, courses or training will attest to the motivation and passion that Lynne has for helping others achieve their goals in this field. She is also the proud mother of a wonderful 9-year-old son who reminds her on a daily basis the importance of being healthy and fit.

### INTERACTIVE LABYRINTH

Labyrinths are ancient, concentric, walking path designs used in a variety of faith and cultural traditions to foster prayer, contemplation, and meditation. Walking the labyrinth can be symbolic of many things - a pilgrimage, navigating the twists and turns of life, an inward journey towards what matters most, a rebirth into new ways of living, etc. Each experience with a labyrinth is unique to the user, but one thing is consistent - in a labyrinth (unlike in a maze) there is no way to get lost and no way to take a wrong turn. You are on your own unique journey, exactly where you need to be. Try walking a labyrinth and see what this ancient practice might speak to your mind, body, and soul.

### CMHA MENTAL HEALTH WORKS TRAINING

Register for this half-day overview of workplace mental health. The first half introduces participants to the important overarching ideas and concepts, followed by a closer examination of two common mental health problems (depression and anxiety) in the second half.

By the end of this session, participants will:

- See the important role of mental health in maintaining a healthy and safe workplace
- Consider strategies to address issues relating to health and safety from a mental health lens

### FINANCIAL WELLNESS SEMINAR: SUPPORTING YOUR AGING LOVED ONES

As a loved one's needs increase, you can suddenly find yourself overextended physically, mentally and even financially. Where can you turn when an aging loved one needs help? Did you know there are local resources to help guide you? In this session, we will partner with local experts that can help answer your questions.

### EATING FOR MENTAL WELL-BEING

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. Join us and you might even get a healthy snack!

Lindzie O'Reilly is a Registered Dietitian at Student Health Services. She aims to help folks honour all of the different reasons why they eat, and to find a sustainable food routine that helps them feel their best. She believes that our food habits can be an important tool in the management of physical and mental well-being.

## EXERCISING THE MIND FOR MENTAL HEALTH IN THE WORKPLACE

MindUWell is offering a free webinar for participants who register in advance at <https://www.mindwellu.com/webinars>.

Find out why mindfulness will become a core competency, an integral part of business and just as commonplace as physical exercise. Host Dr. Geoff Soloway will be joined by Lyne Moussa, Manager of Wellness, Safety and Disability at Coast Capital Savings, who will share how and why the organization integrated mindfulness into its mental health initiatives.

## COFFEE WITH THE PRESIDENT

Take time for yourself to “be well.” Join the President and other members of the Senior Executive team as a break in your afternoon to enjoy some refreshments. Connect with other members of our campus community for this afternoon drop-in.

## RANDOM ACTS OF KINDNESS: WRITE A LETTER

Join this short interactive session to do a random act of kindness. Using a 5-minute inspirational video showing how a simple act of kindness can turn life around for the giver and receiver, participants will be provided with letters and asked to write a short letter to a friend, colleague or family member. Take a mindful minute out of your day to participate in a small act of kindness. Materials will be provided to participants.

## FLOURISHING IN WORK & LIFE: TAKING CONTROL OF YOUR OWN WELLBEING

What can you learn from positive psychology research to practically promote your wellbeing in work and life? This talk will explore the research happening at the Occupational Health and Positive Psychology Lab at the University of Guelph focused on promoting employee flourishing. To flourish means not only to be free from illness, but to live with a higher sense of meaning, connection with others, engagement, and vitality in life. Fortunately, many of the tools and strategies to promote flourishing are in your control and take just minutes to practice and incorporate into your daily life. Find out how!

Katya Pogrebtsova is a passionate researcher, speaker, and consultant with expertise in organizational assessments and interventions, employee health and wellbeing, and data analytics. Katya is skilled in job analysis, training and employee development, statistics, assessment and research design, and applying positive psychology principles to promote organizational flourishing. Katya is currently completing her PhD in Industrial-Organizational Psychology at the University of Guelph.

Alexandra Chris is a researcher, consultant, and teacher with extensive knowledge related to human resources management (e.g., leadership development, organizational training, organizational development and effectiveness and change management). She is a strong believer in evidence-based management and is dedicated to building workplaces that are healthy, productive, energized, and successful. She is passionate about helping individuals recognize their potential to flourish as members and leaders within organizations. Alex is currently completing her PhD in Industrial-Organizational Psychology at the University of Guelph.

## INTERACTIVE MINDFULNESS TRAINING WORKSHOP

Come and experience the benefits of mindfulness from an experienced facilitator. Have you ever been curious about what all this mindfulness hype is all about? Well then come out to this one hour engaging introductory session where we will explore different mindfulness practices, discuss what mindfulness is and isn't and ways in which we may start to cultivate mindfulness into our daily lives for our health and well-being. There will also be an opportunity to review the latest research on the benefits of mindfulness for improved resiliency.

Everyone with a heartbeat is welcome - this is a mainstream, secular approach to health and wellbeing - all faith and no faith backgrounds are welcome!

Blakie is a registered Occupational Therapist and certified yoga teacher who has worked in mental health for over 15 years. She teaches both Mindfulness Based Stress Reduction and Mindfulness Based Cognitive Therapy group programs with the Centre for Mindfulness Studies at their satellite site in Guelph, Ontario. She has experienced the benefits personally of the value of developing a daily mindfulness meditation practice to improve her own health and wellness.

## BEYOND STIGMA: INCREASING OUR UNDERSTANDING OF MENTAL HEALTH IN THE WORKPLACE

In today's society, there still remains a lack of awareness and even sometimes bias related to mental health problems. This wellness session will allow participants to enhance their understanding of the personal and environmental factors that can have an impact on mental health, as well as the most appropriate prevention and intervention strategies available.

## FREE FITNESS CLASS: BALANCED BODY

This class is a fusion of Pilates, yoga and foam rolling that will improve core strength, posture and create a balanced body.

## TAKE A PAWS

Deadlines getting you down? Take a paws from your busy day to chill out with certified comfort dogs. Groups of up to 20 can visit our pooches for a full 15 minutes. View the event on the [Wellness@Work](mailto:Wellness@Work) website for further details.

## LEARN TO BE A SAFE CYCLIST: PART 1

Participants will gain confidence and knowledge of cycling safely and enjoyably on the road; this course is oriented toward recreational and practical cycling. This abbreviated version of the CAN-BIKE cycling safety program provides a nationally standardized set of courses that can be taught through a variety of organizations who are interested in education, safety and health. This program is for employees who commute to work or ride a bicycle in vehicular traffic. Biking to work allows you to save time, get your workout in, cut down on the stress of traffic, and so much more! In this interactive classroom discussion session, participants learn about the principles of safe cycling in traffic, rules of the road, and security. In order to participate in Part 2, participation in Part 1 of this course is required.

## EMPLOYEE HAPPINESS WORKSHOP

Come learn about practical ways to improve employee satisfaction, engagement, and morale. Each day, the sun makes its way across the sky, bringing light and life to the planet. This session will shed sunlight on the topic of employee happiness. Like sunshine, happiness can help our workplaces be a much more productive place.

The following questions will be answered with practical, research based solutions.

- What is happiness at work?
- How is employee happiness related to employee satisfaction, engagement, and morale?
- What are the tangible benefits of having lots of happy employees at work?
- How to increase happiness at work?

## SPRING WELLNESS WALK

Wellness@Work is hosting a Spring Wellness Walk, starting at Lab Services. Come join us for another great wellness walk hosted by our tour guide Steve Nyman. Meet at the entrance to Lab Services at 95 Stone Rd W. The walk will start at 12:10pm.

## SUPER 7 SELF-CARE WORKSHOP

The Super 7 workshop addresses some of the most valuable concepts to improve and maintain mental and emotional health. The 7 are explored, focusing on their surprising benefits and simple application in daily life. Each topic will be presented in a fun discussion type format with some interactive exercises encouraging audience involvement.

- Cultivating a positive attitude
- Balanced nutrition
- Optimal sleep routine
- Regular exercise
- Your support people
- Hobbies and passions
- Becoming present and mindful

Facilitator Paul Svensson is a black belt martial artist with over 20 years of working with students to help them achieve their personal and martial arts goals. He has facilitated hundreds of sessions on bullying and self-defence around Southwestern Ontario.

## BEYOND THE BOOKS TRAINING

Beyond the Books is a face to face session that will first provide participants with general information on the prevalence of mental challenges and illness. It will then help participants to identify signs of troubling behaviour and give them skills to engage in a preliminary discussion to determine if referral to a professional is necessary. Participants will also learn how and where to refer appropriately in a compassionate and effective manner. This session is designed for individuals who do not have ongoing relationships with individuals but whose roles are such that they may have one-off, in-depth conversations.

Recommended for: Individuals who may be in positions to see behaviour and have conversations with students, but have no responsibility for the individuals, nor involved in regularly addressing mental health issues. Examples include: Custodians, Hospitality Staff, Instructors (faculty, TA's, and Sessionals), Administrative Assistants, Residence Desk Staff and Porters.

## FREE FITNESS CLASS: VINYASA YOGA

Transition from posture to posture, becoming aware of the connection between the movement and the breath. Builds strength, flexibility, and balance while creating heat in the body. No prior Yoga experience required.

## SELF-CARE, STRESS & BURNOUT

Come learn about:

- Different types of stressors and their realities
- Common thinking errors
- Understanding what burnout is, and how stress paves the way to burnout
- How to stop and interpret events more logically rather than emotionally
- The A-B-C and D theory of stress
- Preventing burnout by applying personal self-care techniques

Facilitator Melissa Kenney holds a Masters degree in Education, in addition to degrees in both Psychology and Sociology, and a graduate certificate in Concurrent Disorders. She is an instructor at Canadore College in their Mental Health and Addictions and Social Service Worker Programs. Passionate about breaking the stigmas associated with mental health and disability, Melissa draws on both personal and professional experience while addressing and dismissing myths, along with promoting self-care.

## WELLNESS FRIDAY: BUILDING WORKING RELATIONS

Every time we interact with someone, we have an opportunity to build or damage the relationship we have with them. Improving the quality of relationships in the workplace can enhance productivity and reduce conflict. This session invites participants to be aware of three key "tools" we can use to build relationships, reflect on how to use these tools effectively, and develop strategies to address relationship challenges.

## ZENTANGLE WORKSHOP

Zentangle® is a mindfulness based drawing method created by Rick Roberts and Maria Thomas. There are many reasons that people practice Zentangle®, it has been used to relieve stress and anxiety, promote relaxation, improve focus, improve self-esteem, aid in pain management and anger management as well as the creative aspects of the techniques that cause practitioners to contemplate boundaries. With Zentangle® there are no erasers - there are no erasers in life. We can learn to overcome obstacles by allowing ourselves to think not of the outcome, but of the journey.

During this introduction to Zentangle® you will learn about the practice of Zentangle®, some basic strokes that you can take back to your workplace and your personal life and build on the skills. Participants will be provided with materials to take home to continue their journey.

## THE PATHWAY TO RESILIENCE: HOW TO EFFECTIVELY REGULATE EMOTIONS

Come out for one or both of these afternoon workshops focused on fostering resilience. This workshop is going to introduce participants to the concept of emotion regulation through experiential learning activities. Participants will leave equipped with easy-to-use tools to successfully regulate both their positive and negative emotions.

## THE PATHWAY TO RESILIENCE: MIND-SETS AND STRATEGIES FOR EFFECTIVE COPING

This workshop will expose participants to the power of positive thinking, gratitude, and effective framing of stressful situations to foster well-being.

Michelle is an M.A student in Industrial and Organizational Psychology at the University of Valencia, currently doing a practical internship at the University of Guelph. Michelle has considerable experience and training in applying psychological principles to the world of work.

Craig is an M.A. student in Industrial and Organizational Psychology at the University of Guelph. He has research experience investigating motivational processes and is currently devising new and innovative approaches to support worker well-being through evidence-based positive psychology programs.

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For more information, visit <https://www.uoguelph.ca/wellnessatwork/>  
or contact Sarah Joosse, Wellness@Work Coordinator at [wellnessatwork@uoguelph.ca](mailto:wellnessatwork@uoguelph.ca) or ext. 56705