



BE WELL

BE SAFE

MAY 3-7, 2021

# Be Well, Be Safe Week 2021 Evaluation Overview



UNIVERSITY  
of GUELPH



University of Guelph

**Wellness**  
**@Work**

<b>MAY 3</b> Day 1: <u>Mindful Monday</u>	<b>MAY 4</b> Day 2: <u>Take a Break Tuesday</u>	<b>MAY 5</b> Day 3: <u>Work-Life Wednesday</u>	<b>MAY 6</b> Day 4: <u>Thankful Thursday</u>	<b>MAY 7</b> Day 5: <u>Friendship Friday</u>
Participate in the <u>Spot the Hazards Activity</u> for your chance to win a prize!	8:00 a.m. to 9:30 a.m. <u>Women, Work and Wellness: The Chaos of Change</u>	Take 15 minutes to de-clutter and organize your workspace.	10:00 a.m. to 11:00 a.m. <u>Tapping into the Power of Gratitude, Recognition and Appreciation During COVID-19</u>	Call a colleague you want to catch up with for a virtual coffee chat and ask how they are really doing.

- Promoted 19 free virtual activities for faculty and staff
- Encouraged participation in 2 wellness challenges
  - Provided daily wellness suggestions
- Supported Ridgetown's Be Well, Be Safe Kudoboard
- Supplied research station staff with Take your Break boxes

Take 5 mindful minutes to focus on your breathing.	12:00 p.m. to 1:00 p.m. <u>Classical Yoga for Total Health and Awareness</u>	1:30 p.m. to 2:30 p.m. <u>COVID-19 Talk with Dr. Andrew Papadopoulos</u>	Nominate a colleague for the "G" Thanks! Program by sharing a note of gratitude.	1:30 p.m. to 2:30 p.m. <u>The Impact of Equity, Diversity, and Inclusion on Well-being at Work</u>
	2:00 p.m. to 2:15 p.m. <u>Mini Break Options:</u> <ul style="list-style-type: none"> <li>• <u>Hip Movement with Jen O'Neill</u></li> <li>• <u>Perfect Plank with Lynne Skilton-Hayes</u></li> </ul>	3:00 p.m. to 4:30 p.m. <u>Plan for Resilience</u>		3:30 p.m. to 4:30 p.m. <u>Virtual Escape Room</u>

**BE WELL**  
**BE SAFE**



**Faculty. Staff. Students.**

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



## Navigating Stress & Change in the Workplace

Keynote Speaker: Dr. Robyne Hanley-Dafoe

Monday May 3 2021, 1:30-3:00 p.m.

- **265** people registered
  - 202 – live
  - 63 – on demand
- **160** people attended live
- Video recording available to watch

# Keynote Participant Feedback

- **100%** would recommend this event to a colleague or friend
- **100%** rated the facilitator as extremely or very engaging
- **95%** said the event was extremely or very successful in meeting their expectations

- *“Dr. Hanley Dafoe gave practical strategies on dealing with the stress that the pandemic has caused.”*
- *“Her suggestions were realistic, relevant and simple. She was very relatable and engaging.”*
- *“She was very honest and personable and an excellent presenter. I have since ordered her book and signed up for one of her online Book Club sessions.”*
- *“Never give up and never stop trying. Hard work is the key to success, keep on going.”*

# Mindful Monday Highlights

Session Title	Number of Participants
Morning Mindfulness Moment: A Peaceful Place	37
Navigating Stress & Change in the Workplace Keynote	160 (live)

*“Enjoyed that this was a Monday morning option to set a tone for the week.”*

*“I think this should be incorporated into everyone's day to help remind them to be present.”*

*“It is really wonderful to have such a moment of peace in your busy work day. Having this session gave me permission to take this time to focus and reset.”*

# Take a Break Tuesday Highlights

Session Title	Number of Participants
Morning Mini Break Options: <ul style="list-style-type: none"><li>• Bird Carving</li><li>• Today in Sports</li></ul>	8
Classical Yoga	22
Afternoon Mini Break Options: <ul style="list-style-type: none"><li>• Hip Movement</li><li>• Perfect Plank</li></ul>	4
Women, Work and Wellness Session- Immunity to Change™: The Science Behind Why and How We Get In Our Own Way and How To Overcome It	25



# Work-Life Wednesday Highlights

Session Title	Number of Participants
Home Office Ergonomics	24
Lower your Stress: Obedience Training for the Brain	31
COVID-19 Talk	66
Plan for Resilience	9


*"This session helped me create a better home work environment, make it more comfortable and better for my physical well being."*

*"Very approachable presenter, practical tips."*

*"I liked having the scheduled time to reflect. The facilitator was great, she took time to check in with the group regularly and was very welcoming and friendly. She made the space feel safe."*

# Thankful Thursday Highlights

Session Title	Number of Participants
Tapping into the Power of Gratitude, Recognition and Appreciation During COVID-19	5
Classical Yoga	22
Intro to the GREAT at U of G Initiative	2
Night Shift: Understanding Mental Health in the Workplace	12

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## NIGHT SHIFT

**Beyond Stigma: Increasing Our Understanding of Mental Health in the Workplace**

Facilitated by Homewood Health on Teams

Thursday May 6, 2021  
10:45 pm - 11:45 pm




 [Register here!](#)

[View Wellness@Work Recordings](#)



Be Well, Be Safe Week events that are recorded will be shared in the hyperlinked OneDrive folder.



-  Explore all events
-  Join the 5-Day Wellness Reset
-  Complete the Spot the Hazards! Activity

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



# Friendship Friday Highlights

Session Title	Number of Participants
Supporting a Colleague in Distress-For Leaders	6
Understanding Mental Health in the Workplace	20
The Impact of EDI on Well-being at Work	10
Virtual Escape Room	15

*“Group discussions were helpful for connection and idea sharing.”*

*This session outlined a concrete framework and resources available for leaders. I feel empowered to check in with and support staff on a more empathetic level.*

*“That was fun and challenging! I would love to participate in another one.”*

*“The privilege quiz sent out before the session really helped me get in the right frame of mind for the session. The session reinforced work that is underway in my department.”*

# Ridgetown Campus

- 9 people posted on Kudoboard
- Prizes awarded

Ridgetown Campus - Celebrating Be Well, Be Safe Week

+ Add to board

**BE WELL**  
What gives you joy?  
What makes you thrive?

From Jennifer Mullen  
1 week ago

2

**BE SAFE**  
How do you keep safe?  
How do you promote safety?

From Jennifer Mullen  
1 week ago

3

# Research Station Staff



- 110 Take your Break gift boxes delivered to research station staff across Ontario

*“Thank you so much for including the research station staff in the Wellness initiative. The boxes that were delivered were very well received. Staff appreciated the nice gift box. I sure did. I know the work and effort that went into planning, coordinating and actually delivering. I thank you and your co-workers. I really enjoyed the treats! Although I have not tried the coffee yet, I am saving it for a nice weekend coffee on the porch with my wife. Share my wellness at work to include wellness at home.”*

# Spot the Hazards! Challenge

**CAN YOU SPOT THE HAZARDS?**

 ENVIRONMENTAL HEALTH & SAFETY

WHEN YOU THINK ABOUT SAFETY, A PICTURE IS WORTH A THOUSAND WORDS. IN FACT, A PHOTO CAN SPEAK VOLUMES ABOUT HOW TO WORK SAFELY— OR UNSAFELY.

How observant are you? Do you have what it takes to spot the hazards in these photos?



**Photo 1:** Identify 3 safety or ergonomic hazards in this photo.

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

Enter one "safety idea" below:  
\_\_\_\_\_  
\_\_\_\_\_

**Photo 2:** Identify 3 safety or ergonomic hazards in this photo.

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

Enter one "safety idea" below:  
\_\_\_\_\_  
\_\_\_\_\_

**Photo 3:** Identify 3 safety or ergonomic hazards in this photo.

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

Enter one "safety idea" below:  
\_\_\_\_\_  
\_\_\_\_\_

**What's wrong with the photos?**  
The photos above have been deliberately staged to display unsafe work habits. You are invited to zoom in and tell us the hazards you spot. Give it your best shot and you could WIN a prize!  
We'll publish the top three responses and provide our own answers with the list of winners.  
We hope this exercise reminds you to use the same sharp focus in creating your own injury-free work areas.

**To enter the contest:**  
Those wishing to enter are asked to identify 3 hazards within each photo and also submit a "safety idea" relevant to the photo. Submit your answers to [wellnessatwork@uoguelph.ca](mailto:wellnessatwork@uoguelph.ca) by May 14, 2021. Please include your contact information below.  
Name: \_\_\_\_\_  
Work Email: \_\_\_\_\_

*"Thank you for making fun 'games' like this. Definitely helps to break up the day!"*

*"Thanks for this idea, I thought this was a fun exercise."*

**37** entries submitted

**Winners:**

- Nicole G
- Saniya K
- Jen K

# 5-Day Workplace Wellness Reset Challenge

*"I am not in the habit of journaling but really enjoyed it... I'm inspired to try and keep it up for the month of May."*

7 entries submitted

## Winners:

- Becky V
- Meghan D
- Christine D

### JOIN THE 5-DAY WORKPLACE WELLNESS RESET

Complete the New Bee, Honey Bee or Boss Bee challenge each day and record your reflections for your chance to win a prize!



**MAY 3**

Day 1: Mindful Monday

**MAY 4**

Day 2: Take a Break Tuesday

**MAY 5**

Day 3: Work-Life Wednesday

**MAY 6**

Day 4: Thankful Thursday

**MAY 7**

Day 5: Friendship Friday

# General Feedback

- *“I would love to see online wellness sessions continued regularly. Because I work at a satellite campus, I have not had access to the in-person wellness sessions in years past. This covid year is THE MOST connected and engaged our campus has been with other U of G campuses and resources, and it's a thrill!”*
- *“I am so grateful to you and the efforts you have made to provide information and distractions to the staff at a time like this!”*
- *“Thank you for all that you do for our communities wellness journey.”*
- *“Thank you so much for hosting these fun activities.”*

# Communication Analytics

- **Wellness@Work Website**

- **1524** Pageviews to Be Well, Be Safe Week web page from April 1 - May 11
- **9,287** Pageviews to site overall from April 1 - May 11

- **Mass Emails**

- **47%** open rate (2,979 people)- April 13 Take part in Be Well, Be Safe Week: RSVP for kick-off event
- **43.5%** open rate (2,737 people)- April 29- Boost Your Mental Health: Explore the 2021 Be Well, Be Safe Week Calendar of Events



**Thank you for celebrating  
Be Well, Be Safe Week  
with us!**

Have an idea or want to connect?

Email: [wellnessatwork@uoguelph.ca](mailto:wellnessatwork@uoguelph.ca)