



Be Well, Be Safe Week 2022

Evaluation Overview



MAY 2	MAY 3	MAY4	MAY 5	MAY 6
10:00 - 10:20 a.m. Morning Mindful Moment: A Space for Connection	Sign the Not Myself Today Pledge Sign 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. We've all made mistakes and that's okay: Managing the voice of the inner critic	10:00 - 11:30 a.m. Connectedness for our Mental Health	9:00 - 9:30 a.m. Chair Yoga: Get Fit Where You Sit

- Promoted 12 free sessions for faculty and staff
- Encouraged participation in 3 wellness challenges
 - Provided daily health and safety tips
- Offered free U of G Athletics Fitness classes
- Supplied research station staff with care packages

1:30 - 3:00 p.m. Doorways to Post-Pandemic Growth and Recovery: Kick-off Event for Be Well, Be Safe Week	1:00 - 1:50 p.m. Not Myself Today Ambassador Orientation	1:00 - 1:45 p.m. COVID-19: What's New with Dr. Andrew Papadopoulos	1:00 - 2:00 p.m. Extending the Circle: An Invitation to Cultivate Growth	2:00 - 4:00 p.m. Virtual Paint Class with Artist Patrick Hunter
Use a Not Myself Today virtual mood background during your meetings.	What do you do to be well or be safe? 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 support the psychological health or your teams.	Participate in the Spot the Hazards Activity for your chance to win one of three \$25 gift cards!

BE WELL
BE SAFE



Faculty. Staff. Students.

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



Doorways to Post-Pandemic Growth and Recovery:

Kick-off Event for Be Well, Be Safe Week with Speaker Charity Fleming

Monday May 2, 2022, 1:30pm-3:00pm

- 121 people registered
- Video recording available to watch

Keynote Participant Feedback

- *"I really liked how she had a variety of approaches, tools, links, and looked at the whole person, not just one aspect of wellness."*
- *"I will be doing some of the self-assessments provided and look for ways to reframe the challenges of the pandemic in terms of growth instead."*

Session Highlights

Session Title	Number of Registrants
Morning Mindfulness Moment: A Space for Connection	13
Get to Know your Campus Athletic Facilities	7
Not Myself Today Orientation for All-Employees	135
Not Myself Today Ambassador Orientation	128

"I just setup my Not Myself Profile and wow, I'm excited about the resources available to us as staff and managers. I am very happy that this is something the UofG is bringing into our lives. THANK YOU for finding such an amazing resource!"

Session Highlights Continued

Session Title	Number of Registrants
We've all made mistakes and that's okay: Managing the voice of our inner critic.	60
COVID-19: What's New with Dr. Andrew Papadopoulos	50
Connectedness for our Mental Health	27
Extending the Circle: An Invitation to Cultivate Growth*	22

"I now think about 'thought traps' often. I never realized there was a word for that! Now I pause, take some slow breaths and reevaluate if I want to continue expending my time/effort on negative thoughts."

"I feel that providing this type of hands on workshop with plants especially and also giving us the materials to work with has made the session very enjoyable while soothing and calming as well. I love that I'll get to watch my plants grow and associate it with doing a wonderful activity provided through my work and more so that it shows empathy and caring from the employer."

Session Highlights Continued

Session Title	Number of Registrants
Chair Yoga: Get Fit Where you Sit	59
Get to Know Your University of Guelph Campus!*	14
Virtual Paint Class with Artist Patrick Hunter *	20
Night Shift Staff Movie Night	29

"I have some mobility issues so the chair yoga was perfect. It was easy to attend, the instructor was VERY KNOWLEDGEABLE, it was short (perfect for a work day!) I am going to speak to my work team about having chair yoga at one of our team meetings."

"This made me aware of sites on campus that I didn't know about (greenhouse) and loved all the history."

"I was able to completely forget all the pressure from work during the session and [remembered] how important it is to take care of myself."



Research Station Staff



164 “care-packages” delivered to research station staff across Ontario


- 49% increase in packages delivered compared to 2021
 - 110 packages delivered in 2021

Contents included:

- U of G Honey;
- Creelman Bake Shop Brownies;
- Seed Paper Cards that each individual can plant and care for the wildflowers that grow while reflecting on caring for oneself;
- Post Card to send to a loved one as “Happy Mail”; and
- *Not Myself Today* Mood Buttons to support in beginning the conversation about mental health.

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: What do you think are the ergonomic hazards in this photo?

Enter 3 hazards below:

-
-
-

Enter "safety idea" below:

Photo 2: What do you think are the safety hazards in this photo?

Enter 3 hazards below:

-
-
-

Enter "safety idea" below:

Photo 3: What do you think are the safety hazards in this photo?

Enter 3 hazards below:

-
-
-

Enter "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 tell us the hazards you spot. Give it your best shot and you could WIN 1 of 3 \$25 gift cards!

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 by May 10th, 2022. Please include your contact information below.

Name:
Work Location:
Work Email:

17 entries submitted

– 54% decrease in submissions from 2021

» 37 submission in 2021

Winners:

– Christy S
–Nadia T
–Marzieh T

Kudoboard Challenges

What do you do to be well or be safe?




- randomly win a package of three personal training sessions with a UoG Athletics personal trainer.

• 92
• 4

Added by Michael Krawcheck

Aided by Calves Rotterdam

A photograph of two French Bulldogs in a field. One dog is sitting on the left, looking up, and the other is standing on the right, looking towards the camera. They are both black and white. The background shows a field with some trees and a fence.

During the pandemic it's been more challenging to find joy, but upon reflection, the flexibility of working from home has allowed me to be there for my young kids in a whole new way. In a lot of ways, it's forced me to re-examine what I thought was work-life balance (but maybe just compartmentalization!).

Masks and vaccines! We've been very careful about our family's exposure, and have adopted some practices and habits that will likely carry on beyond the pandemic.

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- I keep safe by looking for hazards and trying to avoid or mitigate them (though I'm not always successful). I wear a helmet biking. I wear a mask shopping. I look out for things I could trip on. I try to follow safety advice.

Added by Tara Hammelgren

5 Day R

- I'm a slutzy person and I keep safe by looking for tripping hazards around me like cords, open drawers or boxes.

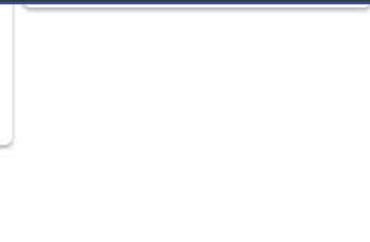
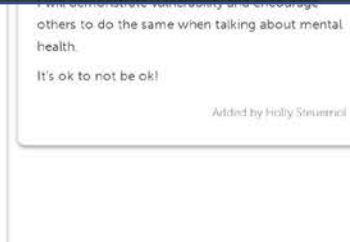
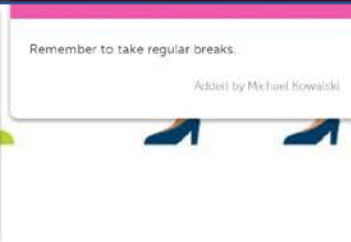
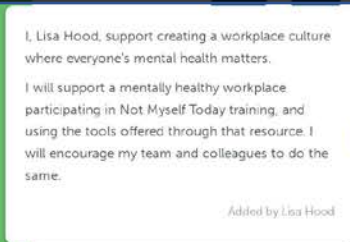
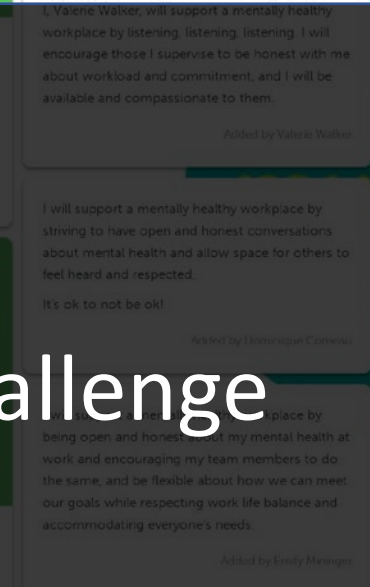
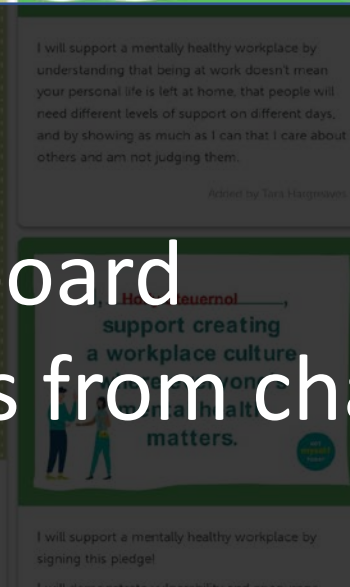
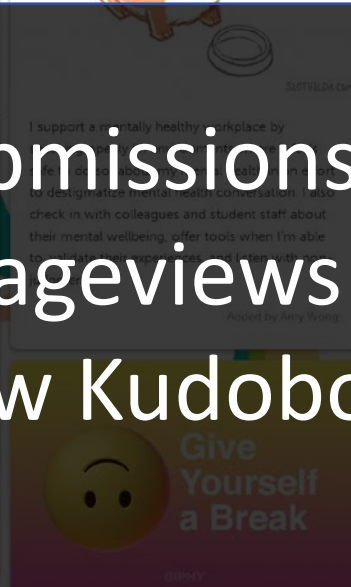
majestic
on
weekends.

lge...ate by working from home as much
possible—and taking advantage of the days with
nicer weather to see people outside

Added by Melanie Cassatt

I support a mentally healthy workplace by....

- 12 submissions
- 121 pageviews of Kudoboard
- 31 new Kudoboard users from challenge



Overall Evaluation

- **657** total registrations across all programming sessions throughout the week.
 - 59% increase in registrations from 2021 (413 registrations in 2021)
- **12** session offerings throughout the week
 - 37% decrease in number of offerings from 2021 (19 session offerings in 2021)
 - Reduced quantity of programming, yet number of registrations still high
- Across all submitted program evaluations:
 - **84%** rated sessions *extremely successful* or *very successful*
 - **95%** rated facilitators *extremely engaging* or *very engaging*
 - **100%** of evaluations said they *would recommend the session to a colleague or friend*



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

Have an idea or want to connect?

Email: wellnessatwork@uoguelph.ca