

BE WELL BE SAFE

MAY 1-5, 2023

» 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 1-5, 2023. 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 1	MAY 2	MAY 3	MAY 4	MAY 5
Participate in the Spot the Hazards Activity for your chance to win one of three \$25 gift cards!	Learning the basics: What's the difference between mental health and mental illness ?	10:00am-11:30am Emptying our Stress Bucket to Avoid Burnout (in-person)	10:00am – 11:00am Considering Counselling? Learn more about seeking psychotherapy and what to expect	9:30am-10:00am Chair Yoga: Get Fit Where You Sit
9:45am – 10:00am Morning Mindful Moment: Beginnings	11:00am-12:00pm Employee and Family Assistance Program (EFAP) Orientation	Take 5-minutes and send a colleague a kindness card .	Participate in the Employee Benefit Web-Scavenger Hunt for your chance to win one of three \$25 gift cards!	Practice having conversations about mental health by using the Not Myself Today “Let’s Get Talking” scenarios.
Health and Safety Tip: Officer Ergonomics – What to Look for in a Chair	Health and Safety Tip: Sun Safety	Health and Safety Tip: Working in the Heat	Health and Safety Tip: Tick Safety	Health and Safety Tip: Safe Lifting
11:45am – 1:00pm Kick-off Event for Be Well, Be Safe Week: We’re People First! Personal and Professional Mental Health Helen Fishburn, CEO of CMHA Waterloo Wellington (in-person)	12:30pm-2:00pm Unplugging and Recharging with Forest Bathing at the Arboretum (in-person)	1:00pm-2:00pm Student Mental Health: What’s New with Dr. Andrew Papadopoulos	2:30pm-3:30pm Not Myself Today Orientation: Supporting a Mentally Healthy Workplace (in-person)	12:00pm-1:30pm Woven: A Creative Workshop Honouring the Power of Coming Together (in-person)
Use a Not Myself Today virtual mood background during your meetings.	2:30pm-3:30pm Steps to Supporting a Colleague in Distress		Supervisors, learn more about management practices that support the psychological health of your teams .	Consider listening to some of the following podcasts to support transitioning from work-time to personal-time during your day.

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



BE WELL

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MAY 1-5, 2023

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.

CONSIDERING COUNSELLING?

LEARN MORE ABOUT SEEKING PSYCHOTHERAPY AND WHAT TO EXPECT

Are you considering reaching out for mental health support and just don't know where to start? Many others might be feeling the same way! Starting therapy to support your mental health can be a very scary experience, especially if you've never done it before and don't know what to expect or who to get support from. It takes strength and vulnerability to begin the journey and reach out for support.

In this webinar we will:

- Discuss what psychotherapy is and who can provide it
- The difference between a psychiatrist, psychologist, psychotherapist and social worker
- How to find a therapist
- What to expect from the process
- Answer participant questions

You will not be asked to disclose any personal information about mental health during this session.

[Register now!](#) You can submit any questions you may have regarding psychotherapy in the registration form.

Facilitated by: Isidora Nežić, *MSW, RSW*, Wellness@Work Advisor, HR. In addition to her role at U of G, Isi is a Registered Social Worker/Psychotherapist providing psychotherapy at a private practice to community members in the Waterloo Region who need mental health support. While completing her Master of Social Work, Isi completed 500 hours of her advanced clinical placement under the supervision of a psychologist where she provided counselling to clients who had been diagnosed with a mental health disorder.





EMPLOYEE AND FAMILY ASSISTANCE PROGRAM (EFAP) ORIENTATION

From time to time, employees may find themselves in need of confidential, professional counselling for personal, family, relationship, and wellness issues adversely affecting work performance or threatening to do so. The purpose of the University's Employee and Family Assistance Program (EFAP) is to help meet these needs. Eligibility for EFAP counselling has been expanded to encompass not only regular full-time employees, but also temporary full-time and part-time employees with appointments greater than 6 months and workloads greater than 35%, along with their immediate family members.

Join this orientation to learn about what is available to you through the EFAP program, including types of counselling, self-paced courses, resources and more!

[Register now!](#)

Facilitated by: Carin Mullen, Homewood Health

EMPTYING OUR STRESS BUCKET TO AVOID BURNOUT

Stress is a natural part of life, however, it can become unmanageable and impact so many areas of our lives if we aren't able to recognize signs of stress and support ourselves appropriately. It is important to be able to check-in with ourselves, understanding how full our "stress-bucket" is and how to protect our mental health so that we are able to thrive.

In this interactive workshop, we will learn:

- About the concepts and contributors to burnout
- How the body and brain react to stress
- How stress can impact our daily functioning
- How we can protect ourselves in stressful periods

[Register now!](#) This workshop will be in-person and we are limited to the capacity of the space, so make sure to register early!

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

KICK-OFF EVENT FOR BE WELL, BE SAFE WEEK: WE'RE PEOPLE FIRST! PERSONAL AND PROFESSIONAL MENTAL HEALTH HELEN FISHBURN, CEO OF CMHA WATERLOO WELLINGTON

We're back in person and you're invited! Join us at the Summerlee Science Centre Atrium on Monday, May 1, 2023 for the Kick-off Event for Be Well, Be Safe Week. Enjoy this opportunity to step away from your workspace, connect with colleagues, and enjoy lunch while listening to Helen Fishburn, CEO of CMHA Waterloo Wellington, share her knowledge about mental health both in a personal and professional context.

Agenda:

- 11:45 am-12:10 pm: Arrive, connect with colleagues and light lunch.
- 12:10 pm-12:15 pm: Opening Remarks by Wellness@Work Advisor, Isidora Nežić
- 12:15 pm-1:00 pm: Keynote Speaker Helen Fishburn and Q&A
- 1:00 pm-1:05 pm: Wrap-up, closing remarks

Please note: Capacity is limited so make sure to register. A light lunch will be provided for attendees to enjoy during the event. Please bring a donation for the CSA Student Food Bank.

[Register now!](#)

About the Keynote

We're People First! Discussing Personal and Professional Mental Health

Ontario experiencing its darkest winter in more than 80 years might be an accurate representation of how many of us have been feeling with our mental health recently. During this keynote, Helen will highlight that we are people first. We are human and have various mental health experiences personally and professionally, while still having to meet life's demands. Helen will share her experience as a leader at the CMHAWW, what it means to support employees and community members during the ups and downs of the COVID-19 pandemic, and what that means for us at the University of Guelph for our personal and professional mental health.

About Helen Fishburn

For over 25 years, Helen Fishburn has worked in numerous roles in the mental health and addictions field, including various leadership roles for the past 18 years with the Canadian Mental Health Association Waterloo Wellington. Helen feels honoured to be the Chief Executive Officer of CMHA WW as it allows her to drive health care system change forward while overseeing care for people of all ages with complex needs.

The creation and implementation of Here 24/7, a coordinated access centre for all mental health, addictions, and crisis services in Waterloo Wellington, and the IMPACT police crisis program are some of the defining achievements in Helen's career. More recently, Helen has been a key participant in the popular "Finding the Balance" webinars, created to respond to and support the mental health needs of our community during the COVID-19 pandemic. In 2021 Helen Fishburn was the recipient of the Champions of Mental Health: Community Individual Award.





MORNING MINDFUL MOMENT: BEGINNINGS

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 beginnings as we set the tone for our day and our week 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 Nežić, MSW, RSW, Wellness@Work Advisor, HR

NOT MYSELF TODAY ORIENTATION: SUPPORTING A MENTALLY HEALTHY WORKPLACE

In 2022 the University of Guelph is launched the [Not Myself Today \(NMT\)](#) initiative. NMT is an evidence-based initiative – offered by CMHA – that supports workplace mental health. Originating in the Mental Health Commission of Canada, Not Myself Today aligns with the National Standard of Psychological Health and Safety and has three main goals:

- build greater awareness of the importance of mental health in the workplace;
- reduce stigma; and
- foster a safe and supportive workplace culture.

NMT includes access to an online platform that provides resources, guidance, and support for any employee on how to take evidence-informed action to support workplace psychological health and safety. NMT is intuitive with guides to facilitate action and activities including tips for embedding more mental health conversations in the workplace.

Make sure to review the [NMT Registration Level Decision-Making Guide](#) and create a profile now!

The following orientation is geared towards employees and leaders who wish to familiarize themselves with the Not Myself Today platform and the resources available to support a mentally healthy workplace. Physical Not Myself Today materials (such as mood buttons) will be available for attendees to take back to their workspace to support with implementing the initiative. If there is not enough materials for all attendees, a sign up sheet will be provided to receive materials later on.

[Register now](#) to begin normalizing conversations around mental health in the workplace! This orientation will be in-person and we are limited to the capacity of the space, so make sure to register early!

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

STEPS TO SUPPORTING A COLLEAGUE IN DISTRESS

[“Steps to Supporting a Colleague in Distress”](#) is a guide for staff and faculty to equip themselves with the skills to be able to recognize signs of distress, respond, and refer to appropriate resources. This training is intended to accompany the guide to support staff and faculty in gaining confidence and equipping themselves with the skills necessary to support their colleagues who are experiencing distress.

This session is recommended for all staff and faculty.

This training will:

- Provide participants with general information on the prevalence of mental health challenges,
- Help participants to identify signs of distress in a colleague,
- Give them the skills to engage in a preliminary discussion to determine if referral to a professional is necessary.
- Learn how and where to refer appropriately in a compassionate and effective manner.

[Register now!](#)

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

The following training and guide used, the Student Wellness Education Centre’s, “Beyond the Books” training as a reference, and some content may be similar.

STUDENT MENTAL HEALTH: WHAT’S NEW WITH DR. ANDREW PAPADOPOULOS

This Be Well Be Safe Week, join Dr. Andrew Papadopoulos for a virtual talk on student mental health. Andy will share what’s new in his mental health research and provide an update on what the President’s Task Force on Student Mental Health will be doing over the next few months to address student mental health on campus, including how staff will be engaged. Dr. Andrew Papadopoulos will answer questions you have related to student mental health on campus and the Task Force Initiatives.

[Register through Qualtrics](#) to submit your questions.

Facilitated by: Dr. Andrew Papadopoulos. Andy is a professor in the Department of Population Medicine, the coordinator of the Master of Public Health Program, and co-chair of the President’s Task Force on Student Mental Health. His research focuses on student mental health and well-being, environmental public health issues and public health policy.





UNPLUGGING AND RECHARGING WITH FOREST BATHING AT THE ARBORETUM

This Be Well Be Safe Week, join a Forest Bathing walk at the University of Guelph Arboretum to revive your senses and restore inner calm. Weather appropriate footwear is advised. The walk will proceed in rain but not thunder. Registration is limited to 18 participants. Please ensure that you can meet up at the Arboreteum Kiosk at the U of G Campus pedestrian entrance at 12:25 pm for a 12:30 pm start. [Register through Qualtrics!](#)

What is Forest Bathing?

Forest Bathing and Shinrin-Yoku, is a therapeutic practice that guides people to an inner state of relaxation and sensory restoration through doing a series of sensory oriented invitations that bring them into present moment relationship with the forest. It is a gentle, physically undemanding practice that takes place in an area of forest or along a forest trail. The practice supports the health of both humans and forests. The therapeutic benefits of this practice are primarily attributed to the interaction and relationship between the client and the forest environment, with the forest therapy guide utilizing the best practices for bringing the client into this relationship. It is a practice within the larger field of eco-therapy and ecopsychology.

Facilitated by: Ben Porchuk. Ben is Canada's first Forest Therapy Guide (2015) and founder of the Global Institute of Forest Therapy (www.giftoftheforest.com). Ben is also a restoration ecologist and holds a Masters of Ecology from the University of Guelph (1996). Ben trains forest therapy around the world, has established designated forest therapy trails in Parks Canada (Gros Morne NP in 2022), Ontario Parks (McGregor Point, 2023), and in municipalities (Markham, 2018, Thunder Bay, 2019).

WOVEN: A CREATIVE WORKSHOP HONOURING THE POWER OF COMING TOGETHER

It is a part of the universal human experience to struggle in different seasons of life, whether this is mentally, emotionally, physically, or spiritually. A community like the workplace can be a wonderful source of collective understanding, care, and support; a place that reminds us we are not alone. Join us, as we wrap up Be Well, Be Safe Week, for this creative workshop where we will explore the power of gathering together as individuals to acknowledge the collective mental health experience and lean into collective strength.

Absolutely no prior art experience is required, all are welcome.

[Register now!](#) Space is limited to 30 participants so make sure to register if you are interested.

Supplies will be provided to attendees.

Facilitated by: Jazmine Tufford-Singh, Registered Psychotherapist (RP), Registered Art Therapist (RCAT), Canadian Certified Counsellor (CCC), Toronto Art Therapy Institute Instructor



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