

# BE WELL BE SAFE

MAY 5-9, 2025

## Psychological Safe Leader Assessment:

This resource helps leaders become aware of the impact they can have on the psychological health and safety of employees at work. It helps leaders improve communication, social intelligence, fairness and problem-solving.

## A Guide for Staff & Faculty: Steps to Supporting a Colleague in Distress

This guide is intended for University of Guelph staff and faculty members to learn how to support a colleague who is in distress. Read through this guide to learn how to recognize signs of distress and how you can offer supportive assistance and email [wellnessatwork@uoguelph.ca](mailto:wellnessatwork@uoguelph.ca) to bring this training to your team!



## Faculty. Staff. Students.

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

| MAY 5   | MAY 6  | MAY 7  | MAY 8  | MAY 9   |
|---|--|--|--|---|
| Participate in the <b>Spot the Hazards Activity</b> for your chance to win one of three \$25 gift cards!  | Learning the basics: <b>What is Masking?</b>   | 10:00am – 11:00am<br><a href="#">Considering Counselling? Learn more about seeking psychotherapy and what to expect.</a> (virtual)   | 10:30am – 11:30am<br><a href="#">Cultivating Calm and Clarity: An Evidence-Based Workshop Series for Stress Regulation</a> (virtual) | 9:30am – 10:00am<br><a href="#">Chair Yoga: Get Fit Where You Sit</a> (virtual)   |
|   | 10:00am – 10:45am<br><a href="#">Employee and Family Assistance Program (EFAP) Orientation</a> (virtual)                 | View the <b>IEDI Employee Resource SharePoint Site</b> that offers health and well-being resources for U of G employees in equity-deserving groups and to foster workplace allyship. |  | Explore GOAL 2.0 resources such as the quality conversations <b>Check-In: Discussing Workload Resource.</b>                   |
| Health and Safety Tip: Officer: <b>Ergonomics – What to Look for in a Chair</b>   | Health and Safety Tip: <b>Sun Safety</b>   | Health and Safety Tip: <b>Working in the Heat</b>  | Health and Safety Tip: <b>Sharps Safety</b>  | Health and Safety Tip: <b>Safe Lifting</b>  |
| 11:45am – 1:00pm<br><b>Kick-off Event for Be Well, Be Safe Week: Connection Feeds Protection</b> (in-person)  | 12:00pm – 1:00pm<br><a href="#">Nourish to Flourish: Anti-Inflammatory Eating for Mental Health and Beyond</a> (virtual) | 12:00pm – 1:00pm<br><a href="#">Wednesday Noon Arboretum Walk</a> (in-person)  | 12:00pm – 1:00pm<br><a href="#">Staff Only Learn to Lift</a> (in-person)   | Reserve your spot for the free <a href="#">Canadian Red Cross CPR Level C/AED</a> Certification that is scheduled for June 4! |
|   |  | 1:00pm – 2:30pm<br><a href="#">GenEQ Exchange Series</a>   |  |   |
| Recognition & Reward is one of the 13 psychosocial factors that contribute to a mentally healthy workplace. Recognize a colleague or a team by nominating them for <b>May “G” Thanks program!</b> | 12:00pm – 1:00pm<br><a href="#">Staff Only Learn to Lift</a> (in-person)   | <b>Participate in the CMHA, A Week Toward Unmasking Journal Challenge</b>  | <b>Apply now for a Wellness@Work Grant!</b>  | 2:00pm – 3:00pm<br><a href="#">Dot Painting to Mindfulness</a> (in-person)  |