

BE WELL

BE SAFE

MAY 6-10, 2019

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 6

Participate in the **Spot the Hazards! Activity** for your chance to win a prize!

11:30 a.m. to 12:00 p.m. (R)
Kick-off Event: Lunch Giveaways and Music by the Royal City Ukulele Ensemble

Creelman Hall
Please bring a donation for the CSA food bank

12:00 p.m. to 1:00 p.m. (R)
Kick-off Event: The Happiness Trap
Keynote Speaker **Scott Ste Marie** with remarks from **Don O'Leary**

Creelman Hall

2:00 p.m. to 3:30 p.m. (R)
Emptying Your Burden Basket Sharing Circle

Guelph Gryphons Athletics Centre, Room 3213

5:00 p.m. to 8:00 p.m. (R)
STOP on the Road Smoking Cessation Workshop with Public Health

University Centre, Room 334

5:00 p.m. to 6:00 p.m.
Pound - Free Fitness Class

Guelph Gryphons Athletics Centre, Room 3212

TUESDAY May 7

9:00 a.m. to 10:00 a.m. (R)
I'm Just So Tired Workshop

University Centre, Room 430

10:00 a.m. to 11:00 a.m. (R)
Office Ergonomics Workshop

Alexander Hall, Room 168

11:30 a.m. to 1:00 p.m. (R)
Sparking Art: A Workshop

Alexander Hall, Room 168

12:00 p.m. to 1:00 p.m. (R)
Inclusion and Workplace Well-being

University Centre, Room 424

12:00 p.m. to 1:00 p.m.
Classical Yoga for Total Health and Awareness

University Centre, Peter Clark Hall South Wing (001 B)

2:00 p.m. to 3:00 p.m. (R)
Beginner Ukulele Bootcamp

University Centre, Room 430

6:00 p.m. to 7:00 p.m.
Power Pilates - Free Fitness Class

Guelph Gryphons Athletics Centre, Room 302

6:00 p.m. to 9:30 p.m. (R)
SafeTALK Training with CMHA

Guelph- Address will be disclosed upon registration

WEDNESDAY May 8

9:00 a.m. to 10:00 a.m. (R)
Labyrinth Workshop

Branion Plaza
(Rain location: UC Courtyard)

10:00 a.m. to 12:00 p.m.
Labyrinth Open Drop-In

Branion Plaza
(Rain location: UC Courtyard)

11:00 a.m. to 12:00 p.m. (R)
Me? A Positive Body Image...No Weigh!

University Centre, Room 430

12:00 p.m. to 1:00 p.m. (R)
Don't Fail Yourself Workshop

University Centre, Room 430

12:00 p.m. to 1:00 p.m. (R)
Historical Walking Tour with Lisa Cox

Meet outside Johnston Hall

1:00 p.m. to 2:00 p.m. (R)
Thrive in the Workplace: Team Dynamics, Communication & Self-Care Strategies

University Centre, Room 334

2:00 p.m. to 3:00 p.m. (R)
Unwind: Make Your Own Soy Candle

Alexander Hall, Room 168

THURSDAY May 9

7:15 a.m. to 8:15 a.m.
Sunrise Aqua - Free Fitness Class

Guelph Gryphons Athletics Centre, Red Pool

9:00 a.m. to 9:30 a.m. (R)
Morning Meditation

University Centre, Room 441

10:30 a.m. to 11:30 a.m. (R)
Instructor Perspectives on Student Mental Health

University Centre, Room 424

11:30 a.m. to 12:30 p.m. (R)
Eating for Mental Well-being Workshop

University Centre, Room 430

12:30 p.m. to 1:30 p.m. (R)
Beyond Burnout: Mental Health in the Veterinary Team

OVC, LLC 1713

6:30 p.m. to 9:00 p.m. (R)
Stress Free Meal Planning for Busy People at GoodnessMe!

36 Wellington St. W, Guelph

7:00 p.m. to 8:00 p.m.
Bootcamp - Free Fitness Class

Guelph Gryphons Athletics Centre, West Gym

FRIDAY May 10

5:00 a.m. to 7:00 a.m.
Night Shift Movie Night

Thornbrough, Room 1200

10:00 a.m. to 11:00 a.m. (R)
Are you Stressed? Workshop with CMHA

University Centre, Room 430

12:00 p.m. to 1:00 p.m. (R)
Wellness Friday - Beyond Stigma: Increasing our Understanding of Mental Health in the Workplace

Alexander Hall, Room 168

5:00 p.m. to 7:00 p.m. (R)
Social Hour Celebration

Brasstaps, 74 Lounge Room

Last chance to submit your **Spot the Hazards! Activity**

blog breaks

Take a break each day of the week to explore these informative articles related to mental health and workplace safety:

Mental Health 101 Online Course

Take the Mental Health Meter

Fireside Chat with Betty-Anne McBey, 2018 Award Recipient for Excellence in Wellness and Safety

More Feet on the Ground Mental Health Resource

Mental Health and Nutrition

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/>



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Description of Activities

ARE YOU STRESSED? WORKSHOP WITH CMHA

What is stress and how does it affect us from day to day? In this workshop, we look at where stress comes from, how it impacts our overall well-being and some practical strategies for preventing and reducing stress.

BEGINNER UKULELE BOOTCAMP

Making music can help boost mental health and it's even more fun and low stress in a group setting! Come out and learn how to play ukulele with educator Cynthia Kinnunen. No experience required and we'll have you playing a few tunes in no time! Ukuleles will be available to borrow for the first 20 people registered. Be prepared to have your mood lifted!

BEYOND BURNOUT: MENTAL HEALTH IN THE VETERINARY TEAM

Burnout is among the most widely-studied of occupational mental health outcomes, but is it the one that impacts the veterinary team the most? Jen Perret, a veterinarian and current PhD Candidate in the Population Medicine department, will present the latest findings on mental health in veterinarians and the veterinary team. Research into compassion fatigue, ethical conflict, and resilience provide new insights into the stressors that affect the profession, and potentially, a way forward.

BOOTCAMP - FREE FITNESS CLASS

Want Results? Boot camp will do it! Push-ups...For sure! Cardio Drills...You bet! Squats...No doubt! Make this the semester you achieve all your fitness goals. Calling all hardcore or wannabe hardcore enthusiasts!

CLASSICAL YOGA FOR TOTAL HEALTH AND AWARENESS

Classical Yoga is a particularly effective and efficient system to not only stretch, tone and develop the muscles but stimulate robust health in all systems of the body. Regular practice can relieve stress and anxiety and promote mental concentration. We will practice physical postures to develop strength, flexibility and stamina. We will learn techniques to control breath and develop lung capacity, increase oxygen flow to the brain and reduce tension. We will leave the session feeling refreshed mentally and physically, equipped with some powerful tools for keeping the body and mind in peak condition.

DON'T FAIL YOURSELF WORKSHOP

Craig Leonard, Consultant with Organization and Management Solutions, will lead a workshop to focus on how to reframe failure in a way that can promote success and well-being. Attendees will learn how to encourage failing productively and practice strategies to learn and grow from failure.

EATING FOR MENTAL WELL-BEING WORKSHOP

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!

EMPTYING YOUR BURDEN BASKET SHARING CIRCLE

Elder Jan Sherman will lead a Sharing Circle where participants will be engaged in a group discussion around traditional perspectives on "emptying your burden basket" as a practice to help improve mental well-being. Everyone is welcome to attend.

HISTORICAL WALKING TOUR WITH LISA COX

Learn about the rich history of the University of Guelph and the built environment that bears the names of those who have made invaluable contributions to it. Through the story-telling and narration of UofG alumna and current staff member, Dr. Lisa Cox, you will hear about the rich history of student experiences, architecture, research & innovation, and significant individuals that have shaped every part of the University's evolution.

I'M JUST SO TIRED WORKSHOP

Are your day to day tasks leaving you more exhausted than they should? Do you find yourself dreaming of a dramatic career shift or forgetting when you last felt truly relaxed? Join Ruthie for this exploration of what contributes to burnout and compassion fatigue, and how we can re-energize as individuals and communities to enjoy our work and home lives again.

INCLUSION AND WORKPLACE WELL-BEING ■

Dr. Leanne Son Hing, Associate Professor in Industrial/Organizational Psychology, and Nouran Sakr, MA candidate in Industrial-Organizational Psychology, will co-host a panel session focused on issues of inclusion, organizational justice, and workplace well-being.

INSTRUCTOR PERSPECTIVES ON STUDENT MENTAL HEALTH

The session will discuss an ongoing research project that investigates instructors' perspectives on student mental health. This project seeks to frame the learning environments of undergraduate students as a structural factor that can alleviate or contribute to mental health stressors in their lives. Instructors are rarely trained or otherwise prepared to address student mental health, although they regularly interact with students and their mental health concerns in classroom settings. Increasing student mental health concerns can also be a stressor for instructors, who are often juggling multiple priorities outside of their classroom commitments. The session will create a space to discuss what the role of instructors (and other university staff) could be in this age of increasing mental health concerns on campus.

KICK-OFF EVENT: LUNCH, GIVEAWAYS AND MUSIC BY THE ROYAL CITY UKULELE ENSEMBLE

RSVP for the kick-off event lunch at Creelman Hall to launch our second annual Be Well, Be Safe Week. Please bring a non-perishable donation for the CSA Food Bank (canned tomatoes, rice and pastas are the most needed items). Lunch will be provided to registered participants. A prize wheel and free giveaways will be available! Background music will be provided by the talented Royal City Ukulele Ensemble. Capacity is limited, so register soon!

KICK-OFF EVENT: THE HAPPINESS TRAP 🎥

Join us as Don O'Leary (VP Finance, Administration and Risk) welcomes Scott Ste Marie as our keynote speaker.

The Happiness Trap

Depression took away all senses of happiness and joy from my life both in the present moment and thought of the future. I came to realize that my constant pursuit of happiness and short-term gratification was my single greatest mission. What I now understand is that as an imperfect being, happiness and emotions are fleeting and we cannot possibly hold on to one state forever. We must move from the pursuit of happiness to the pursuit of meaning to fulfill and move us forward, even in the darkest of times.

About Scott

Scott is the Founder of Depression to Expression and has been speaking openly about his experience with clinical depression and an anxiety disorder since 2013. More importantly, he shares how he manages these illnesses successfully. Scott has achieved success working for some big names, including Twitter and the Canadian Mental Health Association, and now provides workshops and presentations to organizations, creating an honest dialogue about mental health.

LABYRINTH OPEN DROP-IN

The labyrinth is open to all campus community members to walk through and enjoy. The labyrinth will be set up outside in Branion Plaza. In the event of inclement weather, the rain location is the UC Courtyard.

LABYRINTH WORKSHOP

Come learn the practice of walking the labyrinth for meditation, prayer, or contemplation. Labyrinth walking is an ancient form of contemplative practice, used in a variety of cultures and faith traditions. The labyrinth invites you to walk a concentric walking path that leads to a central focal point, rich in various symbolic meanings. There are no tricks in a labyrinth, no dead-ends or choices to make... just space to quiet the mind, check in with your body, and open yourself to the meaning that surrounds you at all times. Labyrinths are found in places of worship, health-care facilities, and public parks and are a helpful tool in promoting whole person wellbeing.

ME? A POSITIVE BODY IMAGE...NO WEIGH!

In this workshop, we will talk about some of the harmful myths surrounding weight-focused health behaviours and what factors can influence our body image. You will learn about how a shift in mindset can encourage body acceptance, a healthier relationship with food and enjoyable ways to be active.

MORNING MEDITATION

Come and experience the benefits of meditation and mindfulness from an experienced facilitator, Blakie Sahay. This session will be a 20-minute facilitated meditation practice to calm your mind and body, followed by a short reflection.

NIGHT SHIFT MOVIE NIGHT

All night shift workers are invited to join this social celebration of Be Well, Be Safe Week with a comedy movie screening. Snacks will be provided.

OFFICE ERGONOMICS WORKSHOP

This training will be reviewing muscular-skeletal disorders (MSDs), symptoms of MSDs, ergonomic risk factors, and solutions. There will be an in-depth review of how to properly set up your workstation, identify hazards and propose solutions, as well as tips for at work and at home.

POUND - FREE FITNESS CLASS

Let loose with this fun full body workout that fuses strength training, Pilates-inspired movements and cardio moves with drumming. Designed for all fitness levels.

POWER PILATES - FREE FITNESS CLASS

Can't decide between Power Yoga and Pilates? This invigorating class is a fusion of the two! Power yoga postures to strengthen the body and a Pilates focus on the core to improve your alignment, posture & stability.

SAFETALK TRAINING WITH CMHA

SafeTALK (Suicide Alertness For Everyone) is a half-day, evidence-based suicide-alertness workshop that prepares participants to become a suicide-alert helper. SafeTALK is like suicide first aid. Participants need no previous experience or training in order to become more ready, willing and able to be suicide prevention helpers.

SOCIAL HOUR CELEBRATION

Join us as we celebrate our second annual Be Well, Be Safe Week at U of G. Stop by the 74 Lounge Room at the back of the Brasstaps Lounge for an informal social gathering to meet new colleagues and enjoy some refreshments together. Everyone is welcome, so feel free to bring a friend!

SPARKING ART: A WORKSHOP

As a psychotherapist and art therapist, Jazmine hears the words “Oh, I’m not creative,” nearly everyday. In this workshop, Jazmine will share about the power of artmaking as a method of self-expression, self-care, and a pathway to learning more about one’s inner self, regardless of one’s experience with art. With this guidance, you will practice connecting with your inner creativity (no matter how dormant it may be!) by making your own unique art piece to adorn your home or workplace. Absolutely no formal art experience is required, all self-proclaimed non-creative or creative people are welcome.

STOP ON THE ROAD SMOKING CESSATION WORKSHOP

DO YOU WANT TO QUIT SMOKING CIGARETTES? The STOP program delivers research-based, cost-free smoking cessation workshops in local communities. Eligible participants will attend this educational session and receive a five-week course of nicotine patches. To learn more, see if you qualify, and to register, contact: Wellington-Dufferin-Guelph Public Health 1-800-265-7293 ext 4020.

SPOT THE HAZARDS! ACTIVITY

How observant are you? Do you have what it takes to spot all the hazards in the photos? Check out this activity on the Wellness@Work website and give it your best shot for a chance to WIN A PRIZE! Those wishing to enter are asked to identify 3 hazards within the photos and also submit a “safety idea” relevant to the photos. Submit your answers to wellnessatwork@uoguelph.ca or deliver in-person to Sarah Joosse in Human Resources. Entry deadline is Friday May 10, 2019. Three gift-card prizes to be awarded.

STRESS FREE MEAL PLANNING FOR BUSY PEOPLE AT GOODNESSME!

Too busy to get healthy meals on the table? Are you stuck on repeat on the same boring meals? Are you spending too much money on convenient foods? Food is one of the foundations of health. If you work long days or shift work, it can seem impossible to get healthy meals on your table. Join Registered Nutritionist, Jenn Potter, as she discusses real life strategies for getting easy healthy meals both at work and at home.

SUNRISE AQUA - FREE FITNESS CLASS

Wake up and start your day with this water workout sure to improve your aerobic capacity, flexibility, and strength while reducing the effects of impact on the joints.

THRIVE IN THE WORKPLACE: TEAM DYNAMICS, COMMUNICATION & SELF-CARE STRATEGIES

Join Thrive in the Workplace Project Coordinator Samantha as she leads you through a unique workplace wellness workshop. We will focus on how to improve team dynamics, communication, and our own personal emotional intelligence using effective self-care strategies for school, work, and home. Then, we’ll test our knowledge using quizzes on the Thrive in the Workplace app, becoming Thrive certified in workplace wellness along the way.

UNWIND: MAKE YOUR OWN SOY CANDLE

Join Ella Nunes, Founder of Wax and Fire Co. in creating your own unique scents and pouring your own natural soy candles. Everyone will pour and take home one 4oz candle of your own creation. These make great gifts or gifts to yourself!

WELLNESS FRIDAY - BEYOND STIGMA: INCREASING OUR UNDERSTANDING OF MENTAL HEALTH IN THE WORKPLACE

In today’s society, there remains a lack of awareness, and sometimes bias, regarding mental health problems. This wellness session will assist participants in enhancing their understanding of the personal and environmental factors that can have an impact on mental health, the common signs and symptoms of mental health troubles, and the most appropriate prevention and intervention strategies.

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