

BE WELL

BE SAFE

MAY 3-7, 2021

Faculty. Staff. Students.



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

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: <u>Mindful Monday</u>	MAY 4 Day 2: <u>Take a Break Tuesday</u>	MAY 5 Day 3: <u>Work-Life Wednesday</u>	MAY 6 Day 4: <u>Thankful Thursday</u>	MAY 7 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.
10:00 a.m. to 10:15 a.m. <u>Morning Mindfulness Moment: A Peaceful Place</u>	10:00 a.m. to 10:15 a.m. <u>Mini Break Options:</u> • <u>Bird Carving with Graham Price</u> • <u>Today in Sports with Scott McRoberts</u>	10:00 a.m. to 10:45 a.m. <u>Home Office Ergonomics</u>	12:00 p.m. to 1:00 p.m. <u>Classical Yoga for Total Health and Awareness</u>	10:00 a.m. to 11:30 a.m. <u>Supporting a Colleague in Distress – For Leaders</u>
1:30 p.m. to 3:00 p.m. <u>Navigating Stress & Change in the Workplace Keynote with Dr. Robyne Hanley-Dafoe</u>	Take your lunch break. Get outside for a walk or roll to get some fresh air.	12:00 p.m. to 12:45 p.m. <u>Lower your Stress: Obedience Training for the Brain</u>	1:00 p.m. to 1:30 p.m. <u>Intro to the GREAT at U of G Initiative</u>	12:00 p.m. to 1:00 p.m. <u>Understanding Mental Health in the Workplace</u>
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> • <u>Hip Movement with Jen O’Neill</u> • <u>Perfect Plank with Lynne Skilton-Hayes</u>	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>

uoguelph.ca/wellnessatwork/be-well-be-safe



IMPROVE LIFE.



Please visit the Wellness@Work website to learn more about each virtual event and complete your registration. All events are free.



BE WELL BE SAFE

MAY 3-7, 2021



Description of Activities

5-DAY WORKPLACE WELLNESS RESET

Throughout Be Well, Be Safe Week, participate in the 5-Day Workplace Wellness Reset developed by Workr Beeing and Remix Fitness.

Ready to get yourself on the right track for wellness at work and at home in the midst of this COVID-19 crisis? This reset helps you re-focus on your wellness for one work week - trying out different strategies to see what works best for you. Each day, there are concrete steps you can take based in research to help you improve your work and life. It can be hard to dedicate time to yourself in times of stress, but it's even MORE important to focus on your wellness now.

The reset has a new challenge every day starting on Mindful Monday. Each day, you will learn a bit about the research and information behind the challenge and be given an activity to complete. The activity options are broken down into three different levels so you can pick and choose what works best for you! Take what you learn during this reset and apply it every month, every week, and every day! Use this as a launchpad to really make a positive change in your daily habits and overall work and life throughout this crisis.

View the activity challenges posted on the Be Well, Be Safe Week web page and download the journal reflection worksheet to note your thoughts throughout the challenge. Submit your reflection worksheet to wellnessatwork@uoguelph.ca. Entry deadline is Friday May 14, 2021. Three prizes to be awarded.

CLASSICAL YOGA FOR TOTAL HEALTH AND AWARENESS

Experience a Classical Yoga class from your own home taught by one of your own. During this classical yoga and meditation class, we will continue to build upon the Pranayama (breath control) practice. Pranayama – life force, life energy – are the underpinnings of connecting with our mind, emotions and feelings and building courage and resilience while removing fear. It's a step-by-step procedure best to practice with an experienced Yoga Practitioner.

COVID-19 TALK WITH DR. ANDREW PAPADOPOULOS

Join Dr. Andrew Papadopoulos for a brief talk on the current COVID-19 pandemic. He will provide details about the state of current pandemic both locally and across Canada as well as review the latest science on prevention. The talk will provide some perspective about the potential path of the pandemic over the coming weeks and months. Dr. Andrew Papadopoulos will answer questions you have related to COVID-19.

Facilitated by: Dr. Andrew Papadopoulos, professor in the Department of Population Medicine and the coordinator of the Master of Public Health Program. His research focuses on environmental public health issues and public health policy.

HOME OFFICE ERGONOMICS

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 working at home.

Facilitated by: Jacob Thadickal, Rehabilitation Specialist in Human Resources.

INTRO TO THE GREAT AT U OF G INITIATIVE

The GREAT (Gratitude, Recognition, and Employee Appreciation Together) at U of G initiative launched in January 2021 with the goal of enhancing the culture of gratitude, recognition, and appreciation for all faculty and staff at the University.

This session will provide an overview of the GREAT at U of G website, the "G" Thanks! recognition program, Kudoboard tool, and GREAT resources available to help you show appreciation and recognition for others.

Facilitated by: Jennifer Demeis, Learning & Development Associate, Human Resources.





LOWER YOUR STRESS: OBEDIENCE TRAINING FOR THE BRAIN

Are you tired of the negative thoughts that constantly bark at you? Are you feeling fear and on the verge of a pandemic meltdown? To learn how to calm your mind and emotions, join performance coach Tim O'Connor for his Lower your Stress: Obedience Training for Your Brain webinar.

During this interactive webinar, participants will learn the core principles and tools of awareness used by top performers in business, sports and the arts to silence their yapping minds and control their emotions.

Participants come away from this webinar with knowledge and tools they can put to immediate use, including:

- How to stop our negative and fearful thoughts from running away with us
- How to respond with skill to challenging situations rather than reacting with habitual patterns
- Learning the basics of meditation and how to apply them in daily life
- Develop skills for calming ourselves
- Training our minds to become less reactive and easily distracted

Facilitated by: Tim O'Connor, golf and mental performance coach. Tim is also the author of four books including *The Moe Norman Story: The Feeling of Greatness*, a blogger, co-host of the *Swing Thoughts* podcast, and head coach of the University of Guelph golf team.

MINI BREAKS

Join a short 15-minute morning and/or afternoon break hosted by one of your U of G colleagues who will share their talent, expertise, hobby or passion with you.

Morning Break Options

- **Bird Carving with Graham Price:** From a block of wood to a work of art. Follow along with the steps involved in creating a realistic bird.
- **Today in Sports with Scott McRoberts:** Join Scott McRoberts, Director of Athletics, to discuss the current events happening in the world of sports. Pour your favourite morning beverage, bring your questions, perspectives and enjoy a good catch up on what is happening in the world of sports.

Afternoon Break Options

- **Hip Movement with Jen O'Neill:** Spend 15 minutes focused on opening up the hips and moving them through different planes of motion to combat the fatigue of constant sitting.
- **Perfect Plank with Lynne Skilton-Hayes:** No equipment required. Everyone knows the plank is an exercise to strengthen your 'core'. But are you doing it correctly? And getting the most out of it? Let Lynne show you how.

MORNING MINDFULNESS MOMENT: A PEACEFUL PLACE

Join this short mindful moment to kick start your Mindful Monday during Be Well, Be Safe Week. This mindfulness exercise will be a guided activity focused on imagining a peaceful place in your mind. Participate to sit back, relax and follow along to the guided script to start your day in a positive way.

Facilitated by: Sarah Schoeffel, Wellness Advisor in Human Resources.

NAVIGATING STRESS & CHANGE IN THE WORKPLACE - KEYNOTE WITH DR. ROBYNE HANLEY-DAFOE

The events over the last year have been an incredible test. Our existence has been stripped down to the essentials. We are in a global fight to protect and manage our health. This global crisis will change the world forever, and each of us will inevitably be transformed by the experience. This event will be taught in future history classes! As with all seasons and events of challenge, how we respond is crucial. In this remote learning event, I will present my work on resiliency that includes the five core competencies from a global perspective. I will discuss how to best navigate personally and professionally in times of uncertainty through stress performance, targeted focusing and value alignment. The information is researched informed, readily available, and is grounded in wise practices. My aim is to facilitate knowledge mobilization that is relatable, accessible, sustainable and realistic. The information presented here may not be radical, but it is ultimately practical for the everyday resiliency and overall well-being.


All participants who join will be entered into a random draw to receive Robyne's new book, "Calm within the Storm."

About the Speaker

Dr. Robyne Hanley-Dafoe is a multi-award-winning psychology and education instructor who specializes in resiliency, navigating stress and change, and personal wellness in the workplace. Described as transformational, engaging, and thought-provoking, Hanley-Dafoe's keynotes provide practical strategies, grounded in global research and case studies, that help foster resiliency within ourselves and others.

As the senior educational developer for the Centre for Teaching and Learning at Trent University, Hanley-Dafoe focuses on providing professional development for the teaching community and cultivating student engagement. She is committed to finding innovative solutions for creating positive learning relationships and environments for both students and teachers. Hanley-Dafoe has also been a psychology instructor and researcher at Trent for more than 13 years.

Hanley-Dafoe's work is inspired by her interest in resiliency and wellness including the intersections of stress, optimal challenge, navigating change, goal-setting, and personal alignment.





PLAN FOR RESILIENCE

We all juggle personal, family, social, financial, and work demands. Most of us do pretty well, but any of us could be blindsided by an unexpected crisis or overwhelmed when too many stressors coincide. Some potential stressors may diminish over time, while others may become more prominent. Stressors are not always bad and do not necessarily lead to negative feelings. Sometimes what appears to be a crisis can lead to post traumatic growth by helping us learn, evolve, or choose a more positive path. The more resilient we are, the more likely that we will be able to benefit in this way.

In this workshop, you will explore factors that can test your resilience. The protective strategies suggested can help develop resilience and enhance your ability to cope when a crisis does occur. Ideas for brainstorming options to overcome challenges, taking action even when you feel paralyzed by fear or worry, learning from your mistakes rather than beating yourself up, and building a network of support are just some of the protective strategies to consider. Creating a plan may not help us avoid the crisis, but can make it much easier to get through it.

This workshop and accompanying workbook can help you move from merely surviving to actually thriving by helping you build resilience and plan for stressful situations. Developing a plan to get through potentially stressful situations can have a positive impact on both your personal and work life.

Facilitated by: Sarah Schoeffel, Wellness Advisor in Human Resources.

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. Entry deadline is Friday May 14, 2021.

Three prizes to be awarded.

SUPPORTING A COLLEAGUE IN DISTRESS – FOR LEADERS

Join this workshop to learn proactive strategies to build effective relationships with your team members and recognize signs and sources of distress. Participants will review and discuss a process to frame a conversation with a colleague in distress.

Learning Objectives

- Learn strategies to proactively check-in with colleagues and consider the role leaders play in supporting employee well-being.
- Recognize signs and sources of distress and review a process to frame a conversation with a colleague in distress.
- Identify strategies to set healthy boundaries.
- Explore verbal and non-verbal communication skills to support wellness.
- Understand the importance of self-care and discover practical strategies to integrate into your daily routine.
- Become familiar with resources available to enhance well-being and foster healthier working relationships.

Facilitated by: Sarah Schoeffel, Wellness Advisor in Human Resources.

TAPPING INTO THE POWER OF GRATITUDE, RECOGNITION AND APPRECIATION DURING COVID-19

Appreciation, recognition, and gratitude are a remarkably strong source of energy that we all possess. When we can tap into that powerful source of energy it can have a deep, positive effect on our work relationships and successful outcomes. In this session we will explore the science behind the impact of appreciation, recognition, and gratitude, what makes it such a dynamic force and the specific ways you can integrate these energy sources into your day.

Learning Objectives

- Describe the difference between appreciation, recognition, and gratitude and why it is essential to know the difference.
- Explain the rewarding appeal of a focus on appreciation and recognition.
- Recognize the positive performance and health impacts of appreciation.
- Summarize the most effective appreciation and recognition actions that can make a real difference.
- Identify opportunities for personal expressions of gratitude and explain the benefits.
- Become aware of the GREAT at U of G Initiative and relate core elements to others and the benefits to them personally and to the University overall.

Facilitated by: Sarah Schoeffel, Wellness Advisor in Human Resources.





THE IMPACT OF EQUITY, DIVERSITY, AND INCLUSION ON WELL-BEING AT WORK

Equity and inclusion are intrinsically connected with wellness. Equitable and inclusive workplaces support employee well-being by increasing professional achievement, job satisfaction, and better mental and physical health outcomes. Similarly, a workplace that focuses on well-being also has a documented effect of decreasing prejudice, discrimination, and harassment.

This workshop will discuss the connection between equity and wellness; define and distinguish between concepts such as oppression, power, privilege, bias, and microaggressions; identify and discuss individual, interpersonal, institutional, and systemic barriers for equity-seeking groups; and identify and discuss strategies to reduce unconscious bias, incorporate inclusive practices into your daily work, and enhance capacity for allyship.

Facilitated by: Joseph Pazzano, Training, Education and Inclusion Officer in the Office of Diversity and Human Rights.

UNDERSTANDING 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.

During this one-hour wellness session participants will:

- Define what mental illness is and is not
- Learn about the impact of stigma
- Understand the importance of mental health in the workplace
- Recognize signs and symptoms of common mental health issues
- Gain strategies to support mental health in the workplace

Facilitated by: Homewood Health.

VIRTUAL ESCAPE ROOM

A virtual escape room experience for staff and faculty. Participants will join in the hugely popular Legends of Canada digital escape room offered by Complex Games. This activity will be run through the Complex Games platform but coordinated through a Microsoft Teams video call. Players will be divided into groups of 8 players and registration is limited to 50 participants.

WOMEN, WORK AND WELLNESS: THE CHAOS OF CHANGE

What are your challenges to living and working well? Join us online for a discussion to reflect on the unusual circumstances that we have been faced with over the past year and the ongoing uncertainty about the future. In May, we will look at the Chaos of Change as we are constantly adapting and adjusting to life on the Corona Coaster and the inability to plan with certainty.

