

BE WELL BE SAFE

MAY 6-10, 2024

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.

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.



Faculty. Staff. Students.

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

MAY 6	MAY 7	MAY 8	MAY 9	MAY 10
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 <u>Understanding the Self in Self-Compassion</u> (in-person)	9:00am - 4:30pm <u>Mental Health First Aid</u> (in-person)	9:00am - 12:00pm <u>Canadian Red Cross CPR Level C/AED Certification</u> (in-person)
9:45am - 10:00am <u>Morning Mindful Moment: The RAIN of Self-Compassion</u> (virtual)	11:00am - 11:45am <u>Employee and Family Assistance Program (EFAP) Orientation</u> (virtual)	Take 5-minutes and send a colleague a kindness card .		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
11:45am - 1:00pm Kick-off Event for Be Well, Be Safe Week: <u>Fostering Safety: Physically and Mentally with Keynote Speaker Rob Ellis, Founder of My Safe Work</u> (in-person)	12:00pm - 1:00pm <u>Staff Only Learn to Lift</u> (in-person)	12:30pm - 2:00pm <u>Cultivating Compassion Through Movement and Creating with Plants</u> (in-person)		2:30pm - 3:30pm <u>Guided Arboretum Tour</u> (in-person)
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 May "G" Thanks program!	12:00pm - 1:00pm <u>Free Staff Climbing</u> (in-person)	Participate in the CMHA's "A Week of Compassion" Challenge for your chance to win one of five \$25 gift cards!		Supervisors, learn more about management practices that support the psychological health or your teams .
	2:00pm - 3:00 pm <u>Considering Counselling? Learn more about seeking psychotherapy and what to expect.</u> (virtual)		12:00pm - 1:00pm <u>Free Staff Climbing</u> (in-person)	
				2:30-3:30pm <u>Voices of Joy: Exploring Persona Poems</u>



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

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