

Wellness Month

OCT 1 - NOV 1

#UOFGHWELLNESS

October is Wellness Month and Academic Services is marking this important month with a series of events on campus for instructors and staff. Be sure to check them out!

EVENT	DATE	TIME	LOCATION
Overcoming Burnout If you're feeling overwhelmed by the pressures of everyday work and home life, then this workshop focusing on the issues of burnout will help bring your life back into balance. Learn to identify the symptoms of burnout and explore strategies for coping with and avoiding burnout.	Oct 1, 2019	12:00pm - 1:00pm	GH 101
Drop-In Wellness Breaks: *Therapy dogs from Paws for Canada will be with us on Oct 4th only. All other days, join fellow instructors for coffee/treats and wellness resources	Oct 4, 2019 Oct 8, 2019 Oct 21, 2019	10:30am - 12:00pm 1:30pm - 3:00pm 10:30am - 12:00pm	GH421/422 GH421/422 GH421/422
Ergonomics 101 Learn how to set up a safe and comfortable workstation and good work practices to prevent or minimize injury and discomfort.	Oct 7, 2019	12:00pm - 1:00pm	GH 101
Mindfulness & Meditation Take a short meditation break and learn how to be mindful and present. Leave feeling refreshed and invigorated.	Oct 10, 2019 Oct 23, 2019	11:00am - 11:30am 2:30pm - 3:00pm	GH 101 GH 101
Zen Yoga Sessions Join the Early Childhood Studies community for zen yoga sessions . We encourage you to bring your own mat and let the Re-	Every Monday Every Thursday	2:25pm - 3:15pm 11:40am - 12:30pm	GH319
Wellness Walls How do you practice good wellness? DM your activities via the Instagram page @WellnessWalls or drop off a form at your FSOs desk Each wellness activity earns you points for your floor. Let's see	Oct 21 - Nov 1	All Day	The floor of your office

Be sure to also checkout these online Wellness Webinars offered through UofG!

October 4th : Establishing Work- Life Harmony

<https://www.uoguelph.ca/wellnessatwork/events/2019/10/wellness-friday-establishing-work-life-harmony>

October 7-28th : Fall Foliage Photo Contest

<https://www.uoguelph.ca/wellnessatwork/news/2019/09/fall-foliage-photo-contest>

October 18 : Making Shiftwork Work for You

<https://www.uoguelph.ca/wellnessatwork/events/2019/10/wellness-friday-making-shiftwork-work-you>