

Healthy Workplace Month Highlights

October 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>READY-SET-binGO! (Runs all month)</p> <p>Start your Healthy Workplace Month BINGO card for your chance to win a prize!</p>	<p>1</p> <ul style="list-style-type: none"> ■ Campus Mile: Healthy Workplace Month Launch Event (R) ■ Relaxation and Stress Management Skills Program starts (R) \$ ■ Explore campus with the U of G Art & Objects Scavenger Hunt Activity (Runs all month) 	<p>2</p> <ul style="list-style-type: none"> ■ ON TOUR: Gryphon Soccer Complex (R) ■ Faculty and Staff Bike Ride with Campus Community Police (R) ■ Wednesday Walks at the Arboretum ■ Gryphons Read: In Conversation with Author Eden Robinson 	<p>3</p> <ul style="list-style-type: none"> ■ Art Gallery of Guelph Tour of Seth: A Life, All Play (R) ■ Smoke-Free Peer Support Group ■ Recess League \$ ■ Better Sleep Program starts (R) \$ 	<p>4</p> <ul style="list-style-type: none"> ■ Wellness Friday: Establishing Work-Life Harmony (R) ■ ■ Labyrinth Drop-in ■ FLEX: Free Fitness Class
<p>7</p> <ul style="list-style-type: none"> ■ Mental Illness Awareness Week and Fire Prevention Week ■ Emptying your Burden Basket Sharing Circle (R) ■ Fall Foliage Photo Contest (Runs Oct. 7th - 28th) 	<p>8</p> <ul style="list-style-type: none"> ■ Office Ergonomics Workshop (R) ■ Classical Yoga for Total Health and Awareness 	<p>9</p> <ul style="list-style-type: none"> ■ Transitioning from Employee to Manager (R) ■ Wednesday Walks at the Arboretum ■ Roll 'n Release Yoga: Free Fitness Class 	<p>10</p> <ul style="list-style-type: none"> ■ World Mental Health Day ■ Instructor Perspectives on Student Mental Health Talk (R) ■ Self-Care and the Brain Talk (R) ■ Smoke-Free Peer Support Group ■ Recess League \$ 	<p>11</p> <ul style="list-style-type: none"> ■ For the Sake of Scribble: A Drawing Workshop (R) ■ Priority and Workload Management for Leaders (R) ■ Labyrinth Drop-in
<p>14</p> <p><i>Thanksgiving</i></p>	<p>15</p> <ul style="list-style-type: none"> ■ Take a Break: Free hot beverage for all employees ■ Classical Yoga for Total Health and Awareness 	<p>16</p> <ul style="list-style-type: none"> ■ Take your Break- Night Shift: Free hot beverage for all employees ■ Wednesday Walks at the Arboretum ■ Discover Healthy Eating on a Budget at Goodness Mel (R) ■ Think Pink Fundraising for Breast Cancer Awareness 	<p>17</p> <ul style="list-style-type: none"> ■ ON TOUR: Creelman Produce Facility and Basement Bake Shop (R) ■ Smoke-Free Peer Support Group ■ Personal Leadership at Work- #1 (R) ■ Recess League \$ ■ Think Pink Fundraising for Breast Cancer Awareness 	<p>18</p> <ul style="list-style-type: none"> ■ Mental Health First Aid- Day 1 (R) ■ Wellness Friday: Making Shiftwork Work for You (R) ■ ■ Labyrinth Drop-in ■ Think Pink Fundraising for Breast Cancer Awareness
<p>21</p> <ul style="list-style-type: none"> ■ Alcohol Awareness Week at U of G and Workplace ■ Introduction to Mindfulness Teaching and Gentle Yoga Fusion (R) ■ Blood Donor Clinic- U of G (R) ■ Women's Mid-Life Sleep Workshop (R) \$ 	<p>22</p> <ul style="list-style-type: none"> ■ SafeTALK Training ■ Introduction to Aboriginal People in Canada Workshop ■ Classical Yoga for Total Health and Awareness 	<p>23</p> <ul style="list-style-type: none"> ■ ON TOUR: Historic W.E. Mitchell Building (R) ■ Wednesday Walks at the Arboretum 	<p>24</p> <ul style="list-style-type: none"> ■ Faculty and Staff Bike Ride with Campus Community Police (R) ■ Blood Donor Clinic- O.M.A.F. (R) ■ Recess League \$ ■ Plantarium Program: What's up Tonight? \$ ■ Hallowe'en - Guelph Food Bank Donation Drive ■ Personal Leadership at Work- #2 (R) ■ Collage Idea (R) \$ ■ Gryphons Read: In Conversation with Author Eden Robinson ■ Art Gallery of Guelph Tour of Seth: A Life, All Play (R) ■ Smoke-Free Peer Support Group ■ Recess League \$ ■ Better Sleep Program starts (R) \$ ■ World Mental Health Day ■ Instructor Perspectives on Student Mental Health Talk (R) ■ Self-Care and the Brain Talk (R) ■ Smoke-Free Peer Support Group ■ Recess League \$ 	<p>25</p> <ul style="list-style-type: none"> ■ Play with Paint Workshop (R) ■ Mental Health First Aid- Day 2 (R) ■ Labyrinth Drop-in ■ Zumba: Free Fitness Class ■ Pilates: Free Fitness Class
<p>28</p> <ul style="list-style-type: none"> ■ Take a Break: Free hot beverage for all employees ■ STOP Worrying Workshop (R) \$ ■ Fall Foliage Photo Contest ends 	<p>29</p> <ul style="list-style-type: none"> ■ Classical Yoga for Total Health and Awareness 	<p>30</p> <ul style="list-style-type: none"> ■ FLEX: Free Fitness Class 	<p>31</p> <ul style="list-style-type: none"> ■ Wellness Friday: Establishing Work-Life Harmony (R) ■ ■ Labyrinth Drop-in ■ FLEX: Free Fitness Class 	

Please visit www.uoguelph.ca/wellnessatwork/healthy-workplace-month to learn more about each event and complete registration where required. More details on events throughout the year, view other monthly wellness calendars with upcoming events and opportunities offered year-round to faculty and staff on the Wellness@Work website.

#WellnessAtWork

- Promoted 72+ wellness events
- Encouraged participation in 3 contests
- Recorded 2 sessions to make more accessible to diverse U of G employees

Communication Analytics

- **Wellness@Work Website**
 - September 2019: 10,449 page views
 - October 2019: 6,666 page views
- **Mass Emails**
 - Campus Mile: 2,589 opened (47% open rate)
 - Healthy Workplace Month: 2,797 opened (43% open rate)
- **NewsLinks Articles**
 - Campus Mile Launch Event: 6 clicks
 - Register now for Healthy Workplace activities: 15 clicks
 - Healthy Workplace Month: Try something new: 21 clicks
 - Guelph Student Food Bank Drive- 11 clicks

Campus Mile: Healthy Workplace Launch Event

- ~200 people participated
- 98% rated the Campus Mile excellent or good
- 86% said the Campus Mile was extremely or very successful in meeting their expectations
- 98% would recommend the event to a colleague

"By participating in the Campus Mile, I had the opportunity to...

- *exercise, take in the beauty of our campus, interact with other members of the campus community.*
- *recharge.*
- *meet new people, go for a walk on a beautiful day, be part of the community."*





"It's an important reminder to take time away for yourself while you're at work. Rather than spending the whole day sitting in front of a computer, you can get up and get outside and take a break when you need one."



Week 1 Highlights

Session Title	Number of Participants
Campus Mile- Healthy Workplace Month Launch Event	~200
Station Mile- Simcoe Research Station	11
ON TOUR: Gryphon Soccer Complex	Cancelled (rainy day)
Faculty and Staff Bike Ride	2 (rainy day)
Art Gallery of Guelph Tour	3
Wellness Friday: Establishing Work-Life Harmony	2 in-person, 3 online
Labyrinth Drop-in	
FLEX: Free Fitness Class	16



There seems to be some interest in doing a weekly run/walk from a subset of these participants which is great.



Week 2 Highlights

Session Title	#
Emptying your Burden Basket Sharing Circle	4
Office Ergonomics Workshop	3
Roll n' Release Free Yoga Class	6
Instructor Perspectives on Student Mental Health	8
Self-Care and the Brain	18
For the Sake of Scribble: A Drawing Workshop	12
Labyrinth Drop-in	


It has helped me understand the importance of self care and the different areas of self care that need attention. As a result, this would help in my overall performance at work.



The art workshops help me relax; creating things is good for my mental health and in turn help me to be better able to deal with the unexpected weirdness that comes up in my day.

Week 3 Highlights

Session Title	#
Take a Break- UC Centre Six	426
Take a Break- OVC	90
Take a Break- OVC Small Animal Clinic	10
Take a Break- Night Shift	44
ON TOUR: Creelman Bake Shop and Produce Facility	10
Wellness Friday: Making Shiftwork Work for You	3




University of Guelph
**Wellness
@Work**

Supporting the well-being of all
University of Guelph faculty and staff.

Take Your Break

Free hot beverage
for employees.



uoguelph.ca/wellnessatwork

Human Resources

This was a GREAT tour. It's so interesting to see behind the scenes of such a well-oiled operation. I've always known our food services are excellent but this reinforced how impressive you are. Your commitment to local is wonderful and as a consumer, I appreciate all you do to keep costs down. Thanks for lifting the veil on this essential campus hub!

Week 4 Highlights

Session Title	#
Introduction to Mindfulness: Teaching and Gentle Yoga Fusion	11
ON TOUR: UC Kitchen Basement	10
ON TOUR: Historic W.F. Mitchell Building	10
Faculty and Staff Bike Ride	Cancelled
Research Talk with Dr. Francesco Leri	5
Play with Paint Workshop	15 with waitlist (27 registered)
Labyrinth Drop-in	
Zumba Free Fitness Class	20
Pilates Free Fitness Class	17

It was a great reminder of the importance of mindfulness and creating time for regular practice.

The topic helped me to see that high fructose corn syrup and other sugars are creating similar reactions in my brain like opioids do. It makes me take a second look at the foods I buy for my son and I.

It helps me to feel relaxed. I feel fortunate to work at an organization that makes these events possible for free.



Week 5 Highlights

Session Title	#
Take a Paws Comfort Dogs	22 attended
Fall Foods: Snacks on the Go	13
FLEX: Free Fitness Class	15
Guelph Student Food Bank Donation Drive	About 4 boxes of donations



WELLNESS BINGO Challenge

- 27 Submissions

“Thanks for all of your help and hard work promoting wellness in the workplace, I appreciate it a lot!”

“Thank you for putting this together to encourage us to focus on our wellness!”

1st

Jacqueline Veres

2nd

Charin Rivet

3rd

Reta Zero



Healthy Workplace Month
WELLNESS BINGO

Have a new book or record added to your library	Go through your closet and donate a bag of clothes you no longer wear	Random act of kindness!	Take a walk or jog in a park or nature area	Make a new friend or rekindle an old one
Get a new plant or animal	Get up and stretch	Make a healthy snack	Go for a walk in the sun	Take the stairs!
Use a reusable water bottle	Use a reusable bag for your coffee or tea		Go to the gym or do a workout	Drink and bring a water bottle
Attend a free fitness class	Try a new healthy recipe	Take a 15-minute break from work	Organize your e-mail inbox	Popcorn for a movie night
Decorate your workspace	Personalize your desk or cubicle	Bring in a new snack or treat	Take a break from work	Organize your desk or cubicle

NAME: _____
DEPARTMENT: _____
PHONE: _____
E-MAIL: _____

Submit your completed card to: wellness@cityofchicago.gov
or bring it to: 311 or 312-742-2200
Thank you for participating!

Fall Foliage Photo Contest

- 33 people participated
- 47 photos were submitted



1st

Rob O'Flanagan

Blazing red fall ivy does a wrap-around on the U of G Dairy Barn silo. A common sight on buildings throughout the campus, ivy is especially spectacular in the fall.

3rd

Donna Drohan Jennings

Late fall in the Arboretum still shows off the vibrant colours of Fall on the forest floor.



2nd



Robin Bergart

Monday morning biking into work.

Art and Objects Scavenger Hunt

- 5 people submitted their completed crossword puzzle

1st

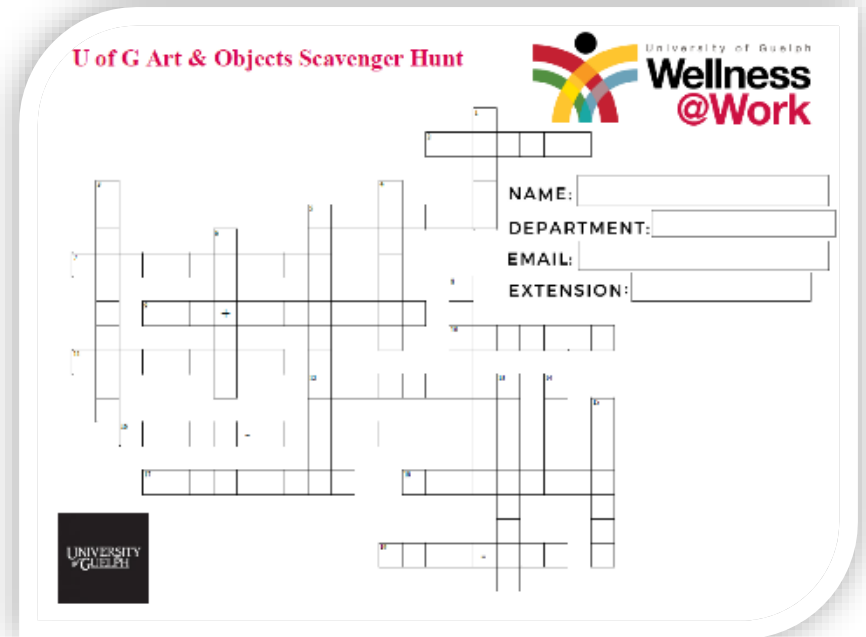
Sandra Ancic

2nd

Amy Bossaer

3rd

Linda Hoffman





**Thank you for celebrating Healthy
Workplace Month with us!**

Have an idea or want to connect?

Email: wellnessatwork@uoguelph.ca