

Healthy Workplace Month Highlights

October 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Wellness Challenges Run October 1 - 30

■ Fall Foliage Photo Contest

■ GryphFit Physical Activity Challenge

5 **Mental Illness Awareness Week and Fire Prevention Week**

■ Mindful Monday Tip

■ Noon Hour Trivia

6 ■ Feeling Like a Fraud? Strategies to Overcome Imposter Syndrome and Thrive

■ Classical Yoga for Total Health and Awareness

■ CMHA Webinar: Mind and

■ CMHA Webinar: Stress Management

■ Classical Yoga for Total Health

■ CMHA Webinar: Stress Management

■ Classical Yoga for Total Health

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7 ■ Mindfulness Everyday: A Mini-Mindfulness Retreat

■ Support U of G's United Way Campaign

1 ■ **CAMPUS MILE:**
Healthy Workplace Month Kick-off Event

■ Anxiety: Skills and Strategies (\$)

2 ■ Wellness Friday: Establishing Work/Life Harmony

■ Mood Routes Walk

8 ■ Podcast Club Chat: The Happiness Lab

■ Classical Yoga for Total Health and Awareness

9 ■ Coffee Connections: Gardening and Plants

■ Mood Routes Walk

■ Challenging Barriers to Equity: De-Brief Session

■ Podcast Club Chat: The Happiness Lab

■ Classical Yoga for Total Health and Awareness

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16 ■ Coffee Connections: Home Decorating and Renovations

■ Mood Routes Walk

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- Promoted 44 virtual wellness events
- Encouraged participation in 2 contests
- Provided Take your Break event for on-campus employees

26 ■ Mindful Monday Tip

■ LivingWorks Start Training De-Brief (pre-work required)

■ STOP Worrying (\$)

27 ■ Managing your Mindset in Uncertain Times

■ Classical Yoga for Total Health and Awareness

■ Anxiety: Skills and Strategies (\$)

28 ■ Beyond the Books: Mental Health Training

29 ■ Classical Yoga for Total Health and Awareness

■ Escape from Quarantine (\$)

30 ■ Wellness Friday: Managing Time and Energy

■ Mood Routes Walk

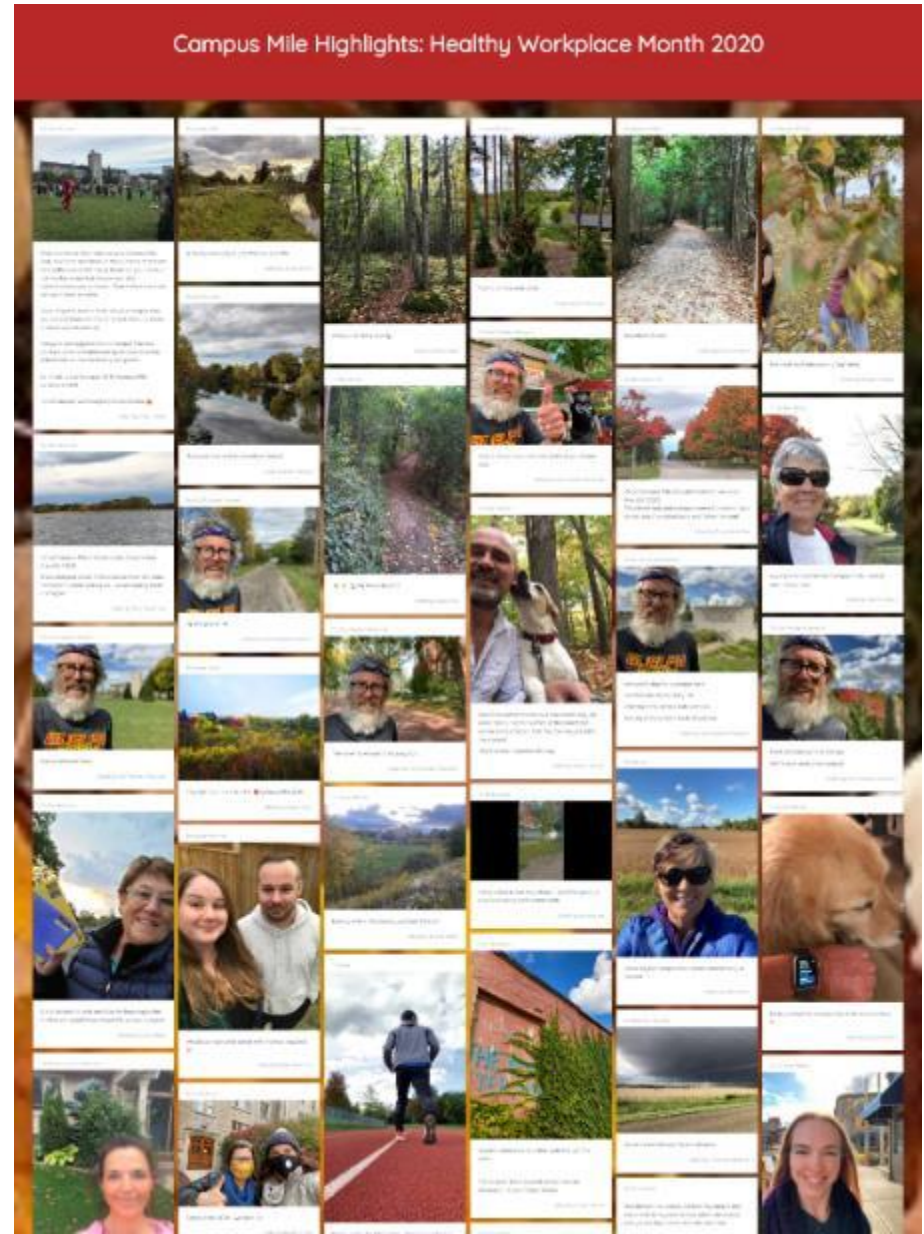
■ Support U of G's Student FoodBank

Communication Analytics

- **Wellness@Work Website**
 - September and October 2020:
 - 12,095 page views
 - 1502 views of Healthy Workplace Month web page
- **Mass Emails**
 - **Campus Mile:** 46% open rate; 150 people clicked the HWM website link
 - **Healthy Workplace Month:** 43% open rate; 329 people clicked the calendar link
- **NewsLinks Articles**
 - **24 clicks:** Virtual Healthy Workplace Month: Free activities for faculty and staff
 - **25 clicks:** Register now for the Campus Mile: Healthy Workplace Month kick-off event
 - **32 clicks:** Virtual Healthy Workplace Month: Free activities for faculty and staff

Campus Mile: Healthy Workplace Month Launch Event

- 141 people registered
- 118 posts on the Campus Mile Kudoboard
- 164 views on the Welcome & Warm-up Video





“Had a lovely walk this morning getting my kids on the bus, enjoying the sun streaming through the trees, said hello to the chickens, did a lap of the bush behind my house, and enjoyed a few raspberries at the end from the garden! I love this virtual campus mile event, such an amazing way to start the day!” -Heidi

Week 1 & 2 Highlights

Session Title	Number of Participants
Campus Mile- Healthy Workplace Month Launch Event	~141
Establishing Work/Life Harmony	17
Noon Hour Trivia	10
Feeling like a Fraud? Strategies to Overcome Imposter Syndrome and Thrive	16
Mindfulness Everyday: A Mini Mindfulness Retreat	20
Podcast Club Chat #1	3
Challenging Barriers to Equity De-Brief Session	19
Coffee Connections: Gardening and Plants	3

I will try to remember lots of people feel this way [imposter syndrome], and that even if I experience disappointments, that's part of a normal experience and an opportunity to grow. I will try to share this mindset with my working groups to support others as well.

This session was EXACTLY what I needed. It was very well presented, well paced, and super informative.

Week 3 Highlights

Session Title	#
Take your Break: For on-campus employees	170
Virtual Bake Along: Take your Lunch Break	21
Podcast Club Chat #2	4
Coffee Connections: Home Decorating and Renovations	4
Fundamentals of Change and Transition	19

It is so nice to have interaction with people. COVID is very isolating and to see and hear other people and to get to do and learn something about something I love from the safety of my house is wonderful.



Week 4 Highlights

Session Title	#
Tapping into the Power of Appreciation and Recognition during COVID-19 and Beyond	16
Virtual Wellness Fair – Cancelled due to low registration numbers	N/A
Transforming Power, Prejudice, and Privilege	20
Plan for Resilience workshop	15
Planning and Prioritizing for Change	10
Podcast Club Chat #3	4
Coffee Connections: Fall Foods	3

This session was extremely helpful and gave me tools to use in my own life.

This session gave concrete steps for dealing with stress and how to combat the stress that we put ourselves under. It gave me ideas for how to deal with stress in the future, as well as set up healthier ways to deal with circumstances that I might find myself in in the future.

Week 5 Highlights

Session Title	#
LivingWorks Start Training De-Brief	1
Managing your Mindset in Uncertain Times	18
Beyond the Books: Mental Health Training	8
Managing Time and Energy	26



Building Beyond Covid:

Coming Back Better Than Ever

October – December 2020

An Employee's Guide to Resources and Development
Opportunities to Activate Reflection, Build Capability and
Enhance Your Impact



Fall Foliage Photo Contest

- 188 photos were submitted on the Kudoboard

1st

Nikhil Thomas

Afternoon walk through a trail after a rainy day.

2nd

Emily Priester

A naturalist's stairway to heaven.

3rd

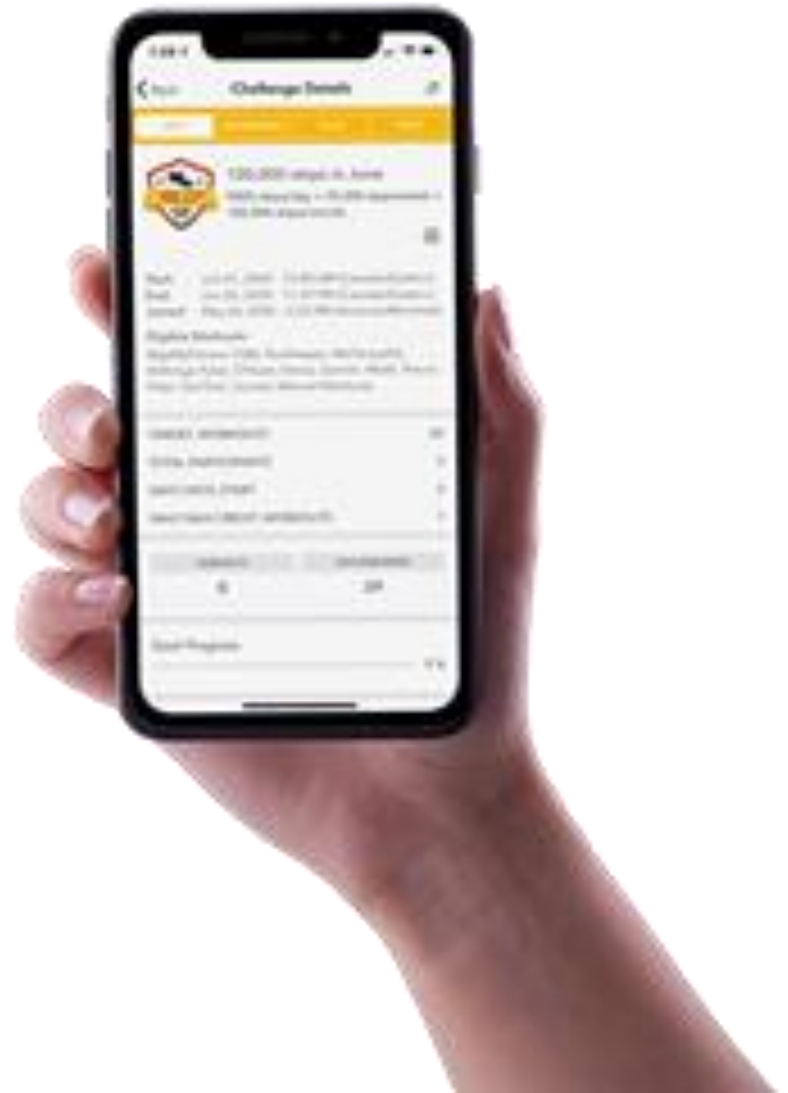
Stephanie Dunby

UoG Service Dog Bell loves the fall foliage but would also like to know when the snow will start falling...



Gryph Fit Activity Challenge

- 103 people signed up for the challenge
- In total, 1532 workouts were completed throughout October



Campus Mile Winners

3 participants were randomly selected for their participation in the Campus Mile launch event and awarded a \$25 e-gift card of their choice:

- Irene Moore
- Jacqueline Veres
- Ron Dutton





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

Have an idea or want to connect?

Email: wellnessatwork@uoguelph.ca