

Healthy Workplace Month Programming Highlights

October 2021



University of Guelph

Wellness
@Work

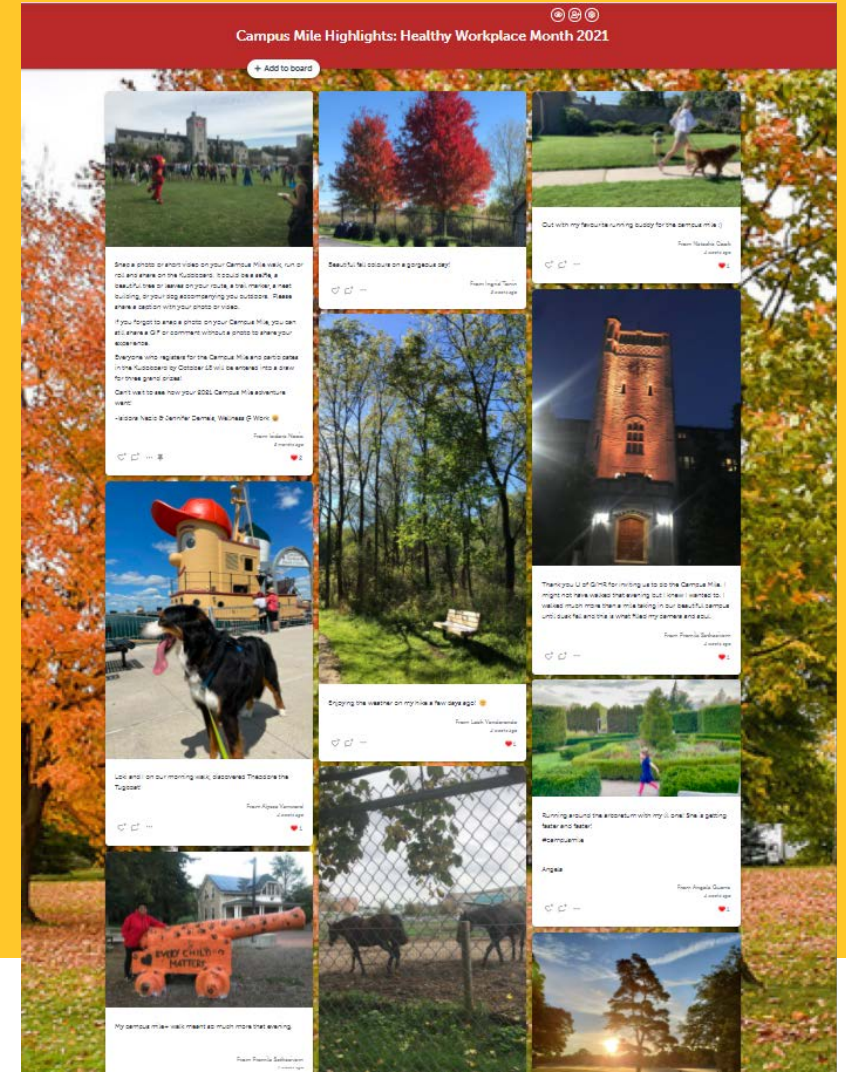
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wellness Challenges Run October 1 - 29 ■ Move Better, Feel Better ■ Gratitude BINGO				
4 4 Mental Illness Awareness Week ■ CMHA Webinar: Family Education Series – Stress Management ■ Guelph FHT: Intro to Mindfulness	5 ■ Free Classical Yoga ■ Thankful Tuesday Prompt	6 ■ Feeling Like a Fraud? Strategies to overcome Imposter Syndrome & Thrive ■ Support U of G's United Way Campaign	7 ■ Free Classical Yoga ■ Coach Yourself ■ CMHA: Understanding Mental Health	1 ■ ■ ■ Campus Mile: Healthy Workplace Month Lunch Event 2021 ■ Wellness Friday: Establishing Work/Life Harmony
11 ■ Indigenous Recognition Week ■ Indigenous Recognition Week: Indigenous Recognition Week ■ Coach Your Own At-Home Assistant ■ Take a break: Take a break voucher for employees	12 ■ Free Classical Yoga ■ Thankful Tuesday Prompt ■ Take a Break	13 ■ Feeling Like a Fraud? Strategies to overcome Imposter Syndrome & Thrive ■ Support U of G's United Way Campaign	14 ■ Free Classical Yoga ■ Coach Yourself ■ CMHA: Understanding Mental Health	15 ■ Mood Routes Walk ■ Fall Watercolour Painting Series: Part 1 (Basics) ■ Guelph FHT Fit to Move Challenge Ends
18 ■ Indigenous Recognition Week ■ Indigenous Recognition Week: Indigenous Recognition Week ■ Coach Your Own At-Home Assistant ■ Take a break: Take a break voucher for employees	19 ■ Free Classical Yoga ■ Thankful Tuesday Prompt ■ Take a Break	20 ■ Feeling Like a Fraud? Strategies to overcome Imposter Syndrome & Thrive ■ Support U of G's United Way Campaign	21 ■ Free Classical Yoga ■ Coach Yourself ■ CMHA: Understanding Mental Health	22 ■ Mood Routes Walk ■ Fall Watercolour Painting Series: Part 2 (Basics) ■ Guelph FHT Fit to Move Challenge Ends
25 ■ Assessing your Ergonomics	26 ■ Free Classical Yoga ■ Thankful Tuesday Prompt ■ Take a Break	27 ■ Understanding our Values and Guiding our Actions Workshop ■ Virtual Bake Along: Take your Lunch break	28 ■ Free Classical Yoga ■ Guelph FHT: Calming Strategies, Progressive Muscle Relaxation ■ Virtual constellation "Walk" (\$)	29 ■ Wellness Friday: Building Working Relationships ■ Mood Routes Walk ■ Support U of G Student Foodbank

- Promoted 50 virtual wellness events
- Encouraged Participation in 2 contests
- Provided Take Your Break Hot Beverage Vouchers for all staff

Please visit www.uoguelph.ca/wellnessatwork/healthy-workplace-month to learn more about each event and complete the registration.

Campus Mile: Healthy Workplace Month Launch Event

- 85 staff registered
- 48 posts on the Campus Mile Kudoboard
- 32 views on the Welcome and Warm-Up video



Campus Mile Winners



Mark Colvin



Jayne Whitefield



Angela Guerra

Move Better. Feel Stronger. Athletics Challenge

- 41 participants signed up for the challenge
- In total 102 workouts were completed throughout October



Fall Watercolour 3-Part Painting Series

56

REGISTRANTS

15

SUPPLY
PAKAGES
PROVIDES

3

HOURS OF
PAINTING
COMPLETED

168

PAINTINGS
COMPLETED



“I liked the introductory nature and that you didn’t have to be familiar with this art form. I also really liked the emphasis on wellness through art in general!”



“For one hour, I was able to put aside all thinking about work, which has tended to be more present than usual these days. The feeling of accomplishment was very beneficial, as was the feeling of using a different part of my brain and being on the receiving end of someone else’s course planning, teaching and expertise. It was also great to share a virtual space with a group of people who share a common interest in watercolour for an hour, instead of always only connecting on screen with folks somehow related to my job responsibilities (just for a change of pace). Every time I look at the little pictures that I made, I smile and that’s worth a lot in terms of my wellness.”

Take Your Break: Free Hot Beverage Voucher

972

REGISTRANTS

21

NIGHT SHIFT
STAFF ATTENDED
AN IN-PERSON
COFFEE BOOTH

14

TIM HORTON'S GIFT
CARDS PROVIDED TO
RIDGETOWN OR
RESEARCH STATION
STAFF

937

VOUCHERS
PROVIDED TO
MAIN CAMPUS
STAFF

Other Wellness@Work Event Highlights

Session Title	Number of Participants
Exhale and Enjoy: GREAT at UofG Presents Live Virtual Concert with Danny Michel	107
Understanding our Values to Guide Our Actions	12
Virtual Bake Along: Take your Lunch Break	35

"The facilitator was very warm and relatable. It has because her workshop offered some guidance that I was needing at this time. This advice is helping me put something in perspective that I have been struggling with over the last few months."

"Very relaxed and practical. Even though it was online, it felt less so because we were "in the kitchen" with the baker."

Thank you for celebrating
Healthy Workplace Month
with us!

Have an idea or want to connect?
Email: wellnessatwork@uoguelph.ca

