

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](#)



**12** **Indigenous Awareness Week at U of G and Waste Reduction Week**

- [Mindful Monday Tip](#)
- [Tapping into the Power of Appreciation and Recognition During Covid-19 and Beyond](#)

- [Mindful Monday Tip](#)
- [LivingWorks Start Training De-Brief \(pre-work required\)](#)
- [STOP Worrying \(\\$\)](#)

- 6**
- [Feeling Like a Fraud? Strategies to Overcome Imposter Syndrome and Thrive](#)
  - [Classical Yoga for Total Health and Awareness](#)
  - [CMHA Webinar: Isolation and Loneliness](#)

- 13**
- [CMHA Webinar: Stress Management](#)
  - [Classical Yoga for Total Health and Awareness](#)

- 20**
- [Virtual Wellness Fair](#)
  - [Classical Yoga for Total Health and Awareness](#)

- 27**
- [Managing your Mindset in Uncertain Times](#)
  - [Classical Yoga for Total Health and Awareness](#)
  - [Anxiety: Skills and Strategies \(\\$\)](#)

- 7**
- [Mindfulness Everyday: A Mini-Mindfulness Retreat](#)
  - [Support U of G's United Way Campaign](#)

- 14**
- [Take your Break: Free hot beverage for employees currently working on-campus only](#)
  - [Virtual Bake Along: Take your Lunch Break](#)

- 21**
- [Plan for Resilience Workshop](#)
  - [Transforming Power, Prejudice and Privilege: Building Equitable Diverse and Inclusive Organizations](#)

- 28**
- [Beyond the Books: Mental Health Training](#)

- 1**
- [CAMPUS MILE: Healthy Workplace Month Kick-off Event](#)
  - [Anxiety: Skills and Strategies \(\\$\)](#)

- 8**
- [Podcast Club Chat: The Happiness Lab](#)
  - [Classical Yoga for Total Health and Awareness](#)
  - [Challenging Barriers to Equity: De-Brief Session](#)

- 15**
- [Podcast Club Chat: The Happiness Lab](#)
  - [Classical Yoga for Total Health and Awareness](#)

- 22**
- [Podcast Club Chat: The Happiness Lab](#)
  - [Planning and Prioritizing for Change: New Tactics for the New Game](#)
  - [Classical Yoga for Total Health and Awareness](#)

- 29**
- [Classical Yoga for Total Health and Awareness](#)
  - [Escape from Quarantine \(\\$\)](#)

- 2**
- [Wellness Friday: Establishing Work/Life Harmony](#)
  - [Mood Routes Walk](#)

- 9**
- [Coffee Connections: Gardening and Plants](#)
  - [Mood Routes Walk](#)

- 16**
- [Coffee Connections: Home Decorating and Renovations](#)
  - [Wellness Friday: The Fundamentals of Change and Transition](#)
  - [Mood Routes Walk](#)

- 23**
- [Coffee Connections: Fall Foods and Recipe Sharing](#)
  - [Mood Routes Walk](#)
  - [Choose your Own At-Home Adventure](#)

- 30**
- [Wellness Friday: Managing Time and Energy](#)
  - [Mood Routes Walk](#)
  - [Support U of G's Student FoodBank](#)