

BE WELL
BE SAFE



Faculty. Staff. Students.

Please join us in celebrating Mental Health Week and North American Occupational Safety and Health Week!

NIGHT SHIFT

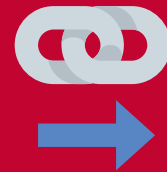
Beyond Stigma: Increasing Our Understanding of Mental Health in the Workplace

Facilitated by Homewood Health on Teams

Thursday May 6, 2021
10:45pm - 11:45 pm

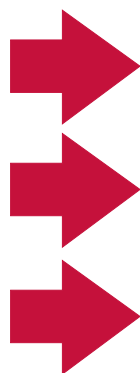
 [Register here!](#)

[View Wellness@Work Recordings](#)



Be Well, Be Safe Week events that are recorded will be shared in the hyperlinked OneDrive folder.

MAY 3 Day 1: Mental Monday	MAY 4 Day 2: Take a Break Tuesday	MAY 5 Day 3: Work-Life Wednesday	MAY 6 Day 4: Thrustful Thursday	MAY 7 Day 5: Friendship Friday
8:00 a.m. to 9:00 a.m. Spot the Hazards! Activity to use your critical thinking skills.	8:00 a.m. to 9:00 a.m. Mentor, Coach and Support: The Circle of Change	Take 15 minutes to do a self-care and recharge your workday.	10:00 a.m. to 11:00 a.m. Spot the Hazards! Activity to use your critical thinking skills.	Call a colleague you want to catch up with for a virtual coffee chat and ask how they are really doing.
10:00 a.m. to 10:45 a.m. Mentor, Coach and Support: The Circle of Change	10:00 a.m. to 10:45 a.m. Mentor, Coach and Support: The Circle of Change	10:00 a.m. to 10:45 a.m. Mentor, Coach and Support: The Circle of Change	10:00 a.m. to 10:45 a.m. Mentor, Coach and Support: The Circle of Change	10:00 a.m. to 10:45 a.m. Mentor, Coach and Support: The Circle of Change
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Take 5 mental minutes to focus on your wellbeing.	12:00 p.m. to 1:00 p.m. Mentor, Coach and Support: The Circle of Change	1:00 p.m. to 2:00 p.m. Mentor, Coach and Support: The Circle of Change	Mentors in colleges for the "C" Change Program by sharing a story of gratitude.	1:00 p.m. to 2:00 p.m. The Impact of Daily Gratitude and a Gratitude Practice on Work
	2:00 p.m. to 2:15 p.m. Mentor, Coach and Support: The Circle of Change	2:00 p.m. to 2:15 p.m. Mentor, Coach and Support: The Circle of Change		2:00 p.m. to 4:00 p.m. Virtual Games Hour



Explore all events

Join the 5-Day Wellness Reset

Complete the Spot the Hazards! Activity

uoguelph.ca/wellnessatwork/be-well-be-safe



University of Guelph
Wellness@Work