

# HEALTHY WORKPLACE MONTH

#WellnessatUofG

# OCTOBER 2022



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><b>3</b></p> <p><b>Mental Illness Awareness Week</b></p> <p>■ ■ ■ ■</p> <p><u>Campus Mile: Kick-off To Healthy Workplace Month</u></p>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>■ <u>Not Myself Today Orientation for All-Employees</u></li> <li>■ Not Myself Today Resource Highlight: <u>Mental Health Vs. Mental Illness</u></li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>■ ■ <u>COVID-19: What's New with Dr. Andrew Papadopoulos</u></li> <li>■ <u>Preparing for a Workload Discussion</u></li> <li>■ <u>Noon Hour Walk in the Arboretum</u></li> <li>■ Not Myself Today Resource Highlight: <u>Language Do's and Don'ts</u></li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>■ ■ ■ <u>Walks for Well-being Champion Training</u></li> <li>■ <u>Not Myself Today Ambassador Check-In</u></li> <li>■ <u>Campus Food Market</u></li> <li>■ Not Myself Today Resource Highlight: <u>How to Tell if Someone is Struggling</u></li> <li>■ <u>Free In-Person Yoga</u></li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>■ <u>Support U of G's United Way Campaign</u></li> </ul>
<p><b>10</b></p>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>■ <u>Take Your Break: Free hot beverage for all employees</u></li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>■ ■ <u>Easy Food Skills &amp; Planning for Healthy, No Waste Meals</u></li> <li>■ ■ ■ <u>Walks for Well-being Pilot Launch</u></li> <li>■ <u>Noon Hour Walk in the Arboretum</u></li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>■ <u>Campus Food Market</u></li> <li>■ <u>SafeTALK</u></li> <li>■ <u>Free In-Person Yoga</u></li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>■ Wellness Friday- <u>Making Room for Everyone: Creating a Culture of Inclusion</u></li> </ul>
<p><b>17</b></p> <p><b>Indigenous Recognition Week</b></p> <ul style="list-style-type: none"> <li>■ <u>Get to know your Athletics Facilities!</u></li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>■ ■ <u>Grief in the Workplace</u></li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>■ <u>ASIST- Suicide Prevention Training Day 1</u></li> <li>■ <u>World Kindness Day Video Recording – Share your Story!</u></li> <li>■ <u>Assertiveness in the New Virtual Work World- Speak up</u></li> <li>■ <u>Noon Hour Walk in the Arboretum</u></li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>■ <u>ASIST- Suicide Prevention Training Day 2</u></li> <li>■ <u>Equity Essentials- Intersectional Allyship</u></li> <li>■ <u>Campus Food Market</u></li> <li>■ <u>Free In-Person Yoga</u></li> </ul>	<p><b>21</b></p> <ul style="list-style-type: none"> <li>■ <u>Guelph Gryphons Think Pink Breast Cancer Awareness Football Game: October 22nd</u></li> </ul>
<p><b>24</b></p> <ul style="list-style-type: none"> <li>■ <u>Assessing Ergonomics</u></li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>■ <u>Supporting the Caregiver</u></li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>■ <u>Noon Hour Walk in the Arboretum</u></li> <li>■ <u>Intersecting Mental Health, Gender Identity and Sexuality: Part 1 of a 3 Part Speaker Series on the Intersectionality of Mental Health</u></li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>■ <u>Campus Food Market</u></li> <li>■ <u>Free In-Person Yoga</u></li> </ul>	<p><b>28</b></p> <ul style="list-style-type: none"> <li>■ Wellness Friday- <u>Mindfulness and Reducing the Effects of Stress</u></li> </ul>
<p><b>31</b></p> <ul style="list-style-type: none"> <li>■ <u>Halloween Food Drive Donation Day</u></li> </ul>	<p><b>Wellness Challenges Run October 1 - 31</b></p> <ul style="list-style-type: none"> <li>■ <u>Gratitude BINGO</u></li> <li>■ <u>Halloween Food Drive</u></li> </ul>			

■ MENTAL WELL-BEING
 ■ COMMUNITY WELL-BEING
 ■ PHYSICAL WELL-BEING
 ■ SOCIAL WELL-BEING

Please visit [www.uoguelph.ca/wellnessatwork/healthy-workplace-month](http://www.uoguelph.ca/wellnessatwork/healthy-workplace-month) to learn more about each event and complete the registration. Excellence Canada updated its Healthy Workplace Standard earlier this year. Learn more about the updated elements on the [Wellness@Work website](http://Wellness@Work website).



IMPROVE LIFE.