

HEALTHY WORKPLACE MONTH

#WellnessatUofG

OCTOBER 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 ■ ■ ■ CAMPUS MILE: KICK-OFF TO HEALTHY WORKPLACE MONTH	2	3
6 Mental Illness Awareness Week ■ ■ Virtual NEW Days ■ Beyond the Books Mental Health Literacy Training	7 ■ Ask the Dietitian – Individual Consultations ■ Free In-Person Yoga	8 ■ Art on Campus: Tour of the fall exhibition season at the Art Gallery of Guelph ■ Noon Hour Walk in the Arboretum	9 ■ Cultivating Calm and Clarity: An Evidence-Based Workshop for Stress Regulation	10 World Mental Health Day ■ Introduction to Cognitive Behavioural Therapy
13 	14 ■ Take Your Break: Free Hot Beverage for All Employees ■ Free In-Person Yoga	15 ■ Navigating Mental Health Conversations as Leaders ■ Noon Hour Walk in the Arboretum	16 ■ Forest Fitness at the Arboretum	17 ■ Establishing Healthy Boundaries
20 ■ U of G on Tour: Get to Know Your Guelph Athletics & Recreation Facilities ■ ■ Call it out? Identifying and Addressing Microaggressions	21 ■ Free In-Person Yoga	22 ■ Navigating the Menopausal Journey with Positive Psychology ■ Noon Hour Walk in the Arboretum	23 ■ Chocolate Tasting ■ Neuro-curious? Neurodivergent? Or Think You Might Be? How to Thrive at Work When you Think Differently	24 ■ ■ Reducing Stress in the Workplace for Leaders
27 Resource Highlight: ■ Assessing your Ergonomics Program	28 ■ Free In-Person Yoga ■ Communicating with Power for Women	29 ■ Mindfulness Based Stress Reduction Overview Day 1 ■ Noon Hour Walk in the Arboretum	30 ■ ■ Planting Into Rest: Fall Planting with Bulbs	31 ■ Order Your Gryph Post Candy Grams for Halloween! (Orders due Oct 17)