

HEALTHY WORKPLACE MONTH

#WellnessatUofG

OCTOBER 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Mental Illness Awareness Week Campus Mile: Kick-Off to Healthy Workplace Month (in-person)</p>	<p>3 Provide your feedback on the Wellness@Work Strategic Plan! Free In-Person Yoga</p>	<p>4 Creating Psychological Safety in your Team (in person) Noon Hour Walk in the Arboretum</p>	<p>5 Understanding Anxiety and Depression: Homewood Health</p>	<p>6 Not Myself Today Resource Highlight: Mental Health VS. Mental Illness Learn more about how to create a Not Myself Today profile!</p>
<p>9 </p>	<p>10 World Mental Health Day Take Your Break Event for All Employees (in-person) Applied Suicide Intervention Skills Training (ASIST) - October 10 & 11, 2023 RBC Lunch and Learn: Wills and Estate Planning Free In-Person Yoga</p>	<p>11 Noon Hour Walk in the Arboretum Visit an On-Campus Flu Shot Clinic</p>	<p>12 The Working Mind Course for People Managers - Part 1</p>	<p>13 Take Your Break Event: Night Shift Employees (in-person, Thursday night to Friday morning shift) Wellness Friday: The Emotional Effects of Retirement Beyond the Books Mental Health Literacy Training</p>
<p>16 U of G on Tour: Get to Know Your Campus Athletics & Recreation Facilities (in-person)</p>	<p>17 Supporting a Colleague in Distress (in-person) Free In-Person Yoga</p>	<p>18 Managing through Productive Conflict SafeTALK Suicide Prevention Training (in-person) Noon Hour Walk in the Arboretum</p>	<p>19 The Working Mind Course for People Managers - Part 2</p>	<p>20 Autumnal: A Creative Workshop Exploring Transformation & Change (in-person)</p>
<p>23 Assessing Ergonomics Program</p>	<p>24 Free In-Person Yoga</p>	<p>25 Strategic Thinking: Tools & techniques to help you spark innovation, achieve better results and turn challenge into opportunity Noon Hour Walk in the Arboretum</p>	<p>26 Meal Planning Made Easy: Staff & Faculty Edition (in-person) Human Rights Fundamentals- Anti-Discrimination and Harassment</p>	<p>27 U of G on Tour: Creelman Prep Kitchens and Bakeshop (in-person)</p>
<p>30 Halloween Fitness Class (\$)</p>	<p>31 Receive your Gryph Post Candy Grams! Free In-Person Yoga</p>	<p>Wellness Challenges Run October 1 - 31</p> <p> Gratitude BINGO Order Gryph Post Candy Grams for Halloween for your teams to appreciate and recognize your colleagues!</p>		



Please visit 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](#).

MENTAL WELL-BEING

PHYSICAL WELL-BEING

SOCIAL WELL-BEING