

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Wellness Challenge October 1 - 30</p> <ul style="list-style-type: none"> ■ Fall Foliage Photo contest 		<p>1</p> <ul style="list-style-type: none"> ■ Canada's trails offer a physically distanced way to maintain health. They offer outdoor tourism, recreation, and transportation space. Make time for the great outdoors. Check out an Ontario trail near you! Ontario- Find a trail 		<p>2</p> <ul style="list-style-type: none"> ■ CMHA: Yoga for Healthy Living 	
<p>5</p> <p>Reminder: Start the week off right...</p> <ul style="list-style-type: none"> ■ It is ok to take a break and even a lunch Breaks are important! ☺ 	<p>6</p> <ul style="list-style-type: none"> ■ CMHA Webinar: Isolation and Loneliness ■ Are you getting enough fruits and vegetables? https://food-guide.canada.ca/en/ ■ Abilities and Wellness office hours 2pm <p>Register on my AC for an opportunity to meet your HR Wellness and Abilities team</p>	<p>7</p> <ul style="list-style-type: none"> ■ Take a break! Truly embrace all the beauty this season can bring. Get outside and take a fun fall photo. Submit a photo wellness@algonquincollege.com 	<p>8</p>	<p>9</p> <ul style="list-style-type: none"> ■ Book a virtual "lunch date" with a colleague! ■ CMHA: Yoga For Healthy Living 	
<p>12</p> 	<p>13</p> <ul style="list-style-type: none"> ■ CMHA Webinar: Stress Management ■ Do a weekly emotional check in! https://www.blackdoginstitute.org.au/news/your-weekly-personal-mental-health-check-in-during-coronavirus/ 	<p>14</p> <ul style="list-style-type: none"> ■ Building a healthy self -esteem is so important! Mental Health for Life 	<p>15</p>	<p>16</p> <ul style="list-style-type: none"> ■ Eating Well While working at Home 	
<p>19</p> <ul style="list-style-type: none"> ■ Are you paying attention to your posture? Guide to Good Posture 	<p>20</p> <ul style="list-style-type: none"> ■ Abilities and Wellness office hours 2pm <p>Register on my AC for an opportunity to meet your HR Wellness and Abilities team</p>	<p>21</p>	<p>22</p> <ul style="list-style-type: none"> ■ How are your ergonomics at home? Check out AC's handy tip sheet 	<p>23</p>	
<p>26</p> <ul style="list-style-type: none"> ■ Book a virtual "coffee/tea break" with a colleague! 	<p>27</p> <ul style="list-style-type: none"> ■ Mindful tips to improve your working relationships. Mindful working tips to create positive relationships with the people you work with 	<p>28</p>	<p>29</p> <ul style="list-style-type: none"> ■ CMHA Webinar: Mental Health in the Workplace during COVID-19 	<p>30</p> <ul style="list-style-type: none"> ■ You have made such strides this month. Continue on the journey focusing on your wellness. Keep going! Your Healthiest Self – Emotional Wellness Checklist 	