



This year, the theme for the Canadian Healthy Workplace Challenge is “Together for a Better Workplace.” Throughout the month of October, we will be providing you different ways you can help build a healthier workplace, to take care of yourself and help others.

The First Step This Year, We Are Asking You To Take The Better Workplace Pledge

Everyone has a role to play in creating a mentally healthy workplace. Actions drive improvement and lead to positive change. Together, we can make a difference and build a better world. During the month of October, I will take actions:

- to improve my physical wellbeing
- to improve my psychological wellbeing
- to improve my social wellbeing
- to improve my community’s wellbeing

[Sign the Pledge](#)

Challenge yourself to participate in activities below based on this year’s weekly themes:

■ **Week 1 – Take Action on Physical Wellbeing**

Your goal this week is to incorporate at least one activity that improves your physical well-being. How can you keep your body in optimal condition? Maybe it’s going for a daily walk around the block or increasing the intensity of your current workout program. You can also look at making changes to ensure you are eating a well-balanced diet. When was the last time you booked a physical? Annual check-ins with your health care provider can prevent any future complications. Lastly, sleep is very critical to your overall wellbeing.

■ **Week 2 – Take Action on Psychological Wellbeing**

This week you are going to focus on your emotional health and overall functioning. Studies have shown that people with higher psychological wellbeing are likely to live healthier and longer lives with less social problems. Having a sense of purpose, challenging your negative thoughts, journaling, meditation, and random acts of kindness are ways you can help improve your psychological wellbeing.

■ **Week 3 – Take Action on Social Wellbeing:**

During the last two years, our social wellbeing has greatly suffered. Positive social habits can help you build support systems and be stronger both mentally and physically. Studies have shown that our connections with others can have a powerful effect on our health. This week you will explore different ways you can take action on your social wellbeing.

■ **Week 4 – Take Action on Community Wellbeing**

“Community wellbeing is the combination of social, economic, environmental, cultural, and political conditions identified by individuals and their communities as essential for them to flourish and fulfil their potential.” [Wiseman and Brasher, 2008: 358]

<p>WEEK 1: October 3-7 Take Action on Physical Wellbeing.</p>	<p>Did you know we have a recently upgraded our EAP Platform! Sign up Here and Learn More Login page - Page to login into LifeWorks App - LifeWorks-.</p> <p>Take a Self-Assessment to see what areas you can improve!</p>	<p>LifeWorks Register For: LifeWorks Presents: Leave No One Behind – A Total Approach To Workplace Mental Health Webinar Registration - Zoom October 4 at 11am.</p>	<p>Navigate to the Well-Being Tab in the new LifeWorks Platform to gain access to various assessments and resources to better understand your current state of health</p> 	<p>Do A Steps Challenge With Your Coworkers As a collective, establish a goal for the number of steps. Join a group if you have smart watch (Fitbit) Now take those steps!</p> 	 <p>Did you know that with the new EAP Platform you have access to the LIFT Application to help you reach your Fitness goals?</p> <p>Search for Lift in the Search Bar under support and resources of the EAP Platform!</p>
<p>WEEK 2: October 10-14 Take Action on Psychological Wellbeing</p>	<p>Spread Kindness Hand out an uplifting note to a co-worker</p>	<p>Come Join Your Wellness & Abilities Office Drop-In Session. This is virtual session where you can learn more about the Medical Leave and Accommodation Process. Register Here</p>	<p>Mel Robins talks about the 5 second rule. Learn how hesitation and silence can impact your life. Mel Robbins and the 5 second rule to get you out of bed - Bing video</p>	<p>Find Your Why? Finding your purpose can foster positive emotions. You will find meaning in your life, give you a sense of meaning, being able to make choices more easily, and you have a sense of purpose, and belonging. Simon Sinek - Start With Why - TedX - Bing video</p>	<p>Friday Dance Party!!! Blast your favorite music and have a dance party to burn those calories and bring a smile to your face!</p>
<p>WEEK 3: October 17-21 Take Action on Social Wellbeing</p>	<p>Organize a Pot Luck within your department for the end of the week. Make it Halloween Themed!</p> 	<p>Sign Up For A Team Sport or Activity Recreation and cultural programs City of Ottawa Activities and Recreation Programs - City of Pembroke Recreation and Facilities - Town of Perth</p>	<p>LifeWorks Come to our next EAP Session Effective Communication At Work October 18th 10-11am Meeting Registration - Zoom</p>	<p>Bond With Your Family! Look through old photo albums and share stories!</p> 	<p>Call A Friend you have not spoken to in a long time!</p> 
<p>WEEK 4: October 24-28 Take Action On Community Wellbeing</p>	<p>Looking For More Ways To Be Involved In The Community? More Ways to Get involved - Ottawa Police Service MyImpactPage - City of Ottawa / Ville d'Ottawa (betterimpact.com)</p> 	<p>Sign up for a Habitat For Humanity Build. https://habitatgo.com</p> 	<p>Organize A Group Of Volunteers To Pick Up Garbage In The Park</p> 	<p>Reflect On The Past Month And Celebrate You And The Changes You Made! Buy a new outfit, tickets to the theater or go out to a jazz bar!</p> 	<p>Schedule Recess Go outside, socialize with each other, and enjoy some fresh air! Pick a 15-minute period in the afternoon and encourage everyone to put this into their daily schedule and get away from his or her desk for a quick break.</p> 