



October is [Canada's Healthy Workplace Month](https://healthyworkplacemonth.ca/take-the-healthy-workplace-challenge/)! This year's theme, 'CELEBRATE YOUR WORKPLACE CULTURE,' encourages us to embrace and enrich our workplace environments. For the fourth consecutive year, Algonquin College's Human Resources – Wellness and Abilities Team has compiled a collection of challenges to support your overall health and well-being, both in and outside of work. We challenge you to embrace these healthy changes throughout the month, incorporating at least one action that promotes a healthier and safer environment! Visit [Canada’s Healthy Workplace](https://healthyworkplacemonth.ca/take-the-healthy-workplace-challenge/#Take) for more great ideas!

On October 2, 2023, TELUS Health, Algonquin College's Employee Assistance Program (EAP) provider, will launch a microsite titled ["Nurturing Mental Wellness: Cultivating Compassion in the Workplace"](https://go.telushealth.com/en-ca/microsite-nurturing-mental-wellness-cultivating-compassion-in-the-workplace) in honor of World Mental Health Day. Explore this microsite for more great activities aligned with this year's theme!

Challenge yourself to participate at least one activity below based on this year’s theme:

* **Diversity in the Workplace**

Let’s Celebrate AC’s diversity within our Workplace! We are encouraging you to participate in one of the many events or courses brought to you by Equity, Diversity and Inclusion Team

* **Physical and Mental Well-being** Focusing on nurturing both your body and mind. Activities that promote physical health, such as exercise, nutrition, and relaxation techniques, as well as those that enhance mental wellness, including mindfulness, stress management, and emotional self-care. Prioritizing physical and mental well-being is essential for a balanced and fulfilling life.
* **Social Wellbeing:**

In light of the challenges, we’ve all faced over the past few years, our social well-being has been significantly impacted. Developing positive social habits can help us establish support systems that strengthen our mental and physical resilience.

* **Community Wellbeing**

We all play a vital role in creating a more vibrant and inclusive society. We achieve this by participating in activities that promote community well-being such as volunteering, environmental conservation, supporting local businesses, and fostering positive social connections within our community



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| DIVERSITY IN  THE WORKPLACE | Removing accessible barriers is important to Algonquin College, take the [Accessible Workplace Communication](https://employeelearningcatalogue.algonquincollege.com/course/677/accessible-workplace-communications) self-paced course and learn the practical skills for locating, identifying, and repairing potential accessibility barriers in workplace communications. | DID YOU KNOW!  December 3rd is International Day of Persons with Disabilities?  To honour this day, please register  Keynote Speaker, Amanda Leduc, presents  “[Disfigured – on Fairytales, Disability and Making Space.](https://algonquincollege.zoom.us/webinar/register/WN_x4scp6NkSOOytPdEc5CPmg#/registration)  Followed by a  Workshop facilitated by Carly Fox on  [“Empowering Self-Advocacy for People with Disabilities.”](https://algonquincollege.zoom.us/meeting/register/tJYocOyqqDooHN0X9c9EP-RlYFXr2axjflzc#/registration) | OCTOBER 4  10:00 AM  TELUS Health EAP Session:  [The Art of Giving Feedback](https://employeelearningcatalogue.algonquincollege.com/course/751/communication-the-art-of-giving-feedback)  Brought to you by HR – Wellness & Abilities and TELUS Health  A purple text on a white background - TELUS HEALTH LOGO | OCTOBER 5  1:00PM  [CCDI WEBINAR – ISLAMOPHOBIA – REMOVING SYSTEMIC BARRIERS](https://algonquincollege.my.site.com/myAC/EC_CommunityEventDetail?id=a3h3b000004CBxiAAG&name=CCDI%20Webinar:%20Navigating%20resistance%20to%20DEI)  Deepen your understanding of Islamophobia in Canada and what we can do to address bias and hate against Muslims.  A close-up of CCDI Employer Partner Logo | UPCOMING SESSIONS  [Positive Space Workshop](https://employeelearningcatalogue.algonquincollege.com/course/800/positive-space) is a 3-hour In Person held on October 23, 2023  [Religious Holidays – A Path to Inclusion](https://algonquincollege.my.site.com/myAC/EC_CommunityEventDetail?id=a3h3b000004CE7sAAG&name=CCDI%20Webinar:%20Religious%20holidays:%20A%20path%20to%20inclusion)  Visit the [Employee Learning Catalog](https://employeelearningcatalogue.algonquincollege.com/search) and apply filters to find courses dedicated to Equity, Diversity, and Inclusion (EDI) for a wealth of valuable resources |
| PHYSICAL AND MENTAL WELLBEING | **LAUNCH A WORKPLACE FITNESS CHALLENGE**  Weekly Step competitions  Monthly Exercise Goals  OR Ask a Co-Worker to go for a walk at lunch and enjoy the crisp fall air.  [Try an Employee Fitness Bingo](https://infomedia.com/blog/office-health-competition/)A close-up of a bingo game | **OCTOBER 10 – WORLD MENTAL HEALTH DAY** TELUS Health LearningMental Health: The new workplace pandemic In celebration of World Mental Health Day, [join TELUS Health](https://go.telushealth.com/telus-health-learning-presents-october-2023) as we take a deep dive into mental health in the workplace, providing insights as well as tips and tricks on understanding and supporting others | **Waking up at 5 am can put you ahead of most people, giving you a head start on the day.**  This extra time allows you to engage in activities like exercising, planning your day, or cultivating other healthy habits.  A digital clock with red numbers | [**TRY TELUS HEALTH FITNESS**](https://lifeworks-global.liftsession.com/#/?org=Algonquin%20College)  It’s Free through our EAP Platform  A group of cell phones showing an exercise app | **CREATE A PROPER SLEEP SCHEDULE**  Sleep is important for your mental health, your performance, and stress reduction  Try this:   1. **No Screens 2 hours before you go to bed** 2. **No eating two hours before bed** 3. **Make your room cooler** |
| SOCIAL WELLBEING. | **ORGANIZE A POTLUCK** within your deaprtment for the end of the week.  Make it Halloween Themed!  Moon - Halloween Potluck and Witches Cauldron | **SIGN UP FOR A TEAM SPORT OR ACTIVITY**  [Recreation and cultural programs | City of Ottawa](https://ottawa.ca/en/recreation-and-parks/courses-and-camps)  [Activities and Recreation Programs - City of Pembroke](https://pembroke.ca/en/recreation-and-culture/activities-and-recreation-programs.aspx)  [Recreation and Facilities - Town of Perth](https://www.perth.ca/en/live-and-play/Recreation-and-Facilities.aspx) | **THINK ABOUT GIVING BACK**  The City of Ottawa has a page dedicated to volunteer Opportunities.  [MyImpactPage - City of Ottawa / Ville d'Ottawa (betterimpact.com)](https://app.betterimpact.com/PublicEnterprise/6b5969ae-d970-4d4d-9ca7-ac29de2e1493) | **BOND WITH YOUR FAMILY**  Look through old photo albums and share stories!  Image of a persons hands holding pictures | **CALL A FRIEND** you have not spoken to in a long time!  Person holding a tablet video calling friends and family |
| COMMUNITY WELLBEING | **Look for more ways to be involved in the community!**  [More Ways to Get involved - Ottawa Police Service](https://www.ottawapolice.ca/en/careers-and-volunteering/volunteer.aspx)  Image result for neighborhood watch | Sign up for a [**Habitat For Humanity**](https://habitatgo.com/) Build.  Habitat For Humanity Logo | **Wellness Wednesday**  Organize a Group of Volunteers to Pick Up Garbage In The Park  See the source image | **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!  Image result for CELEBRATE YOU | 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.  Graphic: Pink background with white and yellow font - It's Recess Time! |