

# Healthy Workplace Month



## SUNDAY

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

Every year we celebrate **Canada's Healthy Workplace Month** during the month of October. This year is no exception and, with the COVID-19 pandemic creating changes in working situations, it is especially relevant to discuss the importance of a healthy work environment.

We all have a role to play in creating a healthy workplace and there are many tools and resources available to support you. This calendar was designed to highlight some of the amazing (and free!) resources and to provide you with some tips to maintain good mental health during these unprecedented times.

01

Check out the [webinar](#) *Protecting the Mental Health of Employees During COVID-19*.

02

Schedule a [team check in](#), whether virtual or following physical distancing protocols.

03



Having a rough day? Practice being [resilient](#).



04

During these uncertain times, it is helpful to [maintain a routine](#).

05

DYK there is a National Standard for Psychological Health and Safety in the Workplace? [Learn more](#).



06

Learn about the [13 factors](#) that affect mental health in the workplace.

07

Are you an employer? We have created [a guide](#) to help you support your employees' mental health during COVID-19.

08

Protecting your mental health is important, especially during these difficult times. [Check out these tips](#).



09

Take a few minutes to [recognize](#) the hard work of a colleague.

10

Need to speak to someone about your struggles? Reach out to [Counselling Connect](#).



11

[Healthy eating](#) is important. Add your favourite healthy [meal](#) to the menu this week.

12

Is your workplace implementing the National Standard for Psychological Health and Safety in the Workplace? [This resource](#) will help.



13

Working from home? Make sure your workstation is [well set-up](#).

14

Start your day with one of these [short videos](#) to support mental health though COVID-19.

15

Familiarize yourself with the [EAP services](#) available to you.



16

Need an energy boost on this Friday? [Try this 7-minute workout](#).

17

[Reach out and connect](#) with a family member or friend. Or, if you have time, plan a virtual game night.



18

It's a wonderful season to [spend some time outside](#). Go for a walk or hike today and enjoy the beautiful fall colours.

19

Looking for more resources to support a healthy workplace? [This website](#) has you covered.



20

[Prioritize your mental wellness](#) when working from home.

21

Here are [6 tips](#) to respond to employee anxiety around COVID-19.



22

Schedule a [virtual coffee break](#) with your colleagues.

23

Check out this [self-care and resilience guide](#) and think about your positive coping strategies.

24

Break up your day by doing some [physical activity](#).



25

Take 10 minutes and try some [meditation](#).

26

We all want to stay informed. [Choosing appropriate sources of information](#) is better for your mental health.



27

Remember to [take your breaks](#) to re-set and recharge.

28

Are you a health-care worker who is tired, overwhelmed and in need of some humour? [Check out this wellness guide](#).

29

If you are serious about implementing the National Standard, you will want to [check this out](#).

30

Here are [7 tips](#) to manage anxiety and worry around coronavirus.



31

Remember: It's ok to not be ok. Here are some [resources](#) to support you.