



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND: SAT/SUN
<p><b>1</b></p> <p><b>Mental Illness Awareness Week</b></p> <p><b>Campus Mile: Healthy Workplace Month Launch Event</b> 12:00pm - 1:00pm   Meet at the Portico on Johnston Green   (R)</p> <p><b>Celebrate our Spaces Photo Contest (Runs Oct. 1<sup>st</sup> - 22<sup>nd</sup>)</b></p>	<p><b>2</b></p> <p><b>Smoke-Free U of G Consultation Drop-in</b> 9:00am - 4:00pm   OVC Lifetime Learning Centre, outside the cafeteria</p> <p><b>Office Ergonomics Workshop</b> 12:00pm - 1:00pm   Alexander Hall, RM 168   (R)</p>	<p><b>3</b></p> <p><b>Get a Better Sleep Workshop</b>  12:00pm - 1:00pm   Alexander Hall, RM 168   (R)</p> <p><b>U of G Historical Walking Tour with Dr. Lisa Cox</b> 12:00pm - 1:00pm   Meet outside Johnston Hall   (R)</p>	<p><b>4</b></p> <p><b>Eating for Mental Well-being</b>  12:00pm - 1:00pm   Alexander Hall, RM 168   (R)</p> <p><b>Tour of Produce Facility and Bakeshop</b> 12:00pm - 1:00pm   Creelman Hall   (R)</p> <p><b>Functional Flexibility Yoga</b> 5:30pm - 6:30pm   GGAC, Studio 302</p>	<p><b>5</b></p> <p><b>FHT to Move Activity Challenge Closes</b></p> <p><b>Mental Health First Aid Part 1</b> 9:00am - 4:30pm   Eccles   (R)</p> <p><b>Establishing Work-Life Harmony</b>  12:00pm - 1:00pm   Alexander Hall, RM 168   (R)</p>	<p><b>6/7</b></p> <p><b>Discover our Spaces Scavenger Hunt (Runs Oct. 6<sup>th</sup> - 19<sup>th</sup>)</b></p>
<p><b>8</b></p> <p><i>Happy Thanksgiving!</i></p> 	<p><b>9</b></p> <p><b>Fire Prevention Week</b></p>	<p><b>10</b></p> <p><b>World Mental Health Day</b></p> <p><b>Mental Health in the Workplace Workshop</b> 12:00pm - 1:00pm   UC, RM 442   (R)</p> <p>-----</p>	<p><b>11</b></p> <p><b>Having Difficult Conversations - For Staff</b> 9:00am - 12:00pm   UC, RM 442   (R)</p> <p><b>Campus Walking Tour with Steve Nyman</b> 12:15pm - 1:15pm   Meet at the Cannon</p> <p> <b>Think PINK Fundraising</b> 10am - 4pm in the UC Courtyard</p> <p>-----</p>	<p><b>12</b></p> <p><b>Mental Health First Aid Part 2</b> 9:00am - 4:30pm   Eccles   (R)</p> <p><b>Priority and Workload Management - For Leaders</b> 9:00am - 12:30pm   UC, RM 442   (R)</p> <p><b>Roll N' Release Yoga</b> 12:05 - 1:00pm   GGAC   Studio 302</p>	<p><b>13/14</b></p> <p><b>Gryphon Varsity Football Game vs Toronto Varsity Blues</b>  Kickoff @ 1:00pm   Alumni Stadium</p>
<p><b>15</b></p> <p><b>Blood Donor Clinic</b>  10:00am - 4:00pm   UC, Peter Clark Hall   (R)</p> <p><b>Pilates Class</b> 12:00pm - 1:00pm   GGAC, Studio 3214</p> <p><b>Pound®</b> 5:00pm - 6:00pm   GGAC, Studio 3212</p>	<p><b>16</b></p> <p><b>Difficult Conversations - For Leaders</b> 9:00am - 4:00pm   Peter Clark Hall, Wing A   (R)</p> <p><b>RBC's Retirement Income Planning</b> 12:00pm - 1:30pm   UC, RM 442   (R)</p> <p><b>Mood Routes Walk</b> 12:00pm - 12:50pm   Meet in front of Gryphon Centre (Arena)</p>	<p><b>17</b></p> <p><b>SafeTALK: Suicide Alertness Training</b> 9:00am - 12:30 pm   Alexander Hall, RM 168   (R)</p> <p><b>Board Games Social</b> 12:00pm - 1:00pm   UC, RM 442   (R)</p> <p><b>Beyond the Books</b> 1:30pm - 3:00pm   Alexander Hall, RM 168   (R)</p>	<p><b>18</b></p> <p><b>Managing Conflict at Work - For Staff</b> 9:00am - 4:00pm   UC, RM 442   (R)</p> <p><b>Take a PAWS</b> 12:00pm - 1:35pm   UC, Peter Clark Hall   (R)</p>	<p><b>19</b></p> <p><b>The Emotional Effects of Retirement</b>  12:00pm - 1:00pm   Alexander Hall, RM 168   (R)</p> <p><b>Discover our Spaces Scavenger Hunt Ends!</b></p>	<p><b>20/21</b></p>
<p><b>22</b></p> <p><b>Celebrate Our Spaces Contest Ends!</b></p> <p><b>Gaining Buy-in and Making Change Stick</b> 9:00am - 12:30pm   UC, RM 442   (R)</p> <p><b>Outdoor Yoga Class</b> 12:00pm - 1:00pm   Meet at the Portico on Johnston Green   (R)</p>	<p><b>23</b></p> <p><b>Beating Workplace Stress</b>  12:00pm - 1:00pm   UC, RM 424   (R)</p> <p><b>Mood Routes Walk</b> 12:00pm - 12:50pm   Meet in front of Gryphon Centre (Arena)</p>	<p><b>24</b></p> <p><b>Mindfulness Workshop</b> 11:30am - 1:00pm   UC, RM 441   (R)</p> <p><b>Cooking Demonstrations with Chef Vijay Nair</b> 12:00pm - 1:00pm   UC Courtyard   (R)</p>	<p><b>25</b></p> <p><b>President's House Tour</b> 12:15pm - 12:45pm   Meet outside the President's house   (R)</p> <p><b>Evening Take a PAWS</b> 10:00pm - 11:35pm   UC, Peter Clark Hall</p>	<p><b>26</b></p> <p><b>Psychology of Well-being Panel</b>  12:00pm - 1:00pm   UC, RM 442   (R)</p>	<p><b>27/28</b></p>
<p><b>29</b></p> <p><b>Building Resilience: Letting Go &amp; Moving Forward</b> 9:00am - 4:00pm   UC, RM 442   (R)</p> <p><b>Pilates Class</b> 12:00pm - 1:00pm   GGAC, Studio 3214</p> <p><b>Meatless Monday!</b></p>	<p><b>30</b></p> <p><b>Movie Screening Social</b> 12:00pm - 1:00pm   UC, RM 441</p> <p><b>Mood Routes Walk</b> 12:00pm - 12:50pm   Meet in front of Gryphon Centre (Arena)</p> <p>-----</p>	<p><b>31</b></p> <p><b>Halloween Day</b> </p> <p><b>College Idol</b> 11:30am - 1:30pm   UC, Peter Clark Hall   (R)</p> <p><b>Body Blast Fitness Class</b> 12:00pm - 1:00pm   GGAC, Studio 3212</p> <p>-----</p>	<p> <b>MENTAL HEALTH &amp; WORKPLACE CULTURE</b>     <b>HEALTHY LIFESTYLES</b></p> <p> <b>ORGANIZATIONAL SOCIAL RESPONSIBILITY</b>     <b>PHYSICAL ENVIRONMENT</b></p> <p><b>(R)</b> = REGISTRATION REQUIRED     <b>WEBINAR OFFERED</b></p> <p>GGAC = Guelph Gryphons Athletics Centre    UC = University Centre</p>		 <p>IMPROVE LIFE.</p>

## WEEK ONE

(October 1 - 7)

### Mental Illness Awareness Week

Mental Illness Awareness Week is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness.

#### **(R)** Campus Mile: Healthy Workplace Month Launch Event

Staff, faculty, and students are invited to celebrate the launch of Healthy Workplace Month with a Campus Mile! Join us at The Portico on Johnston Green at 12 noon on Monday October 1st. Participants will walk, run, or roll a mile through U of G's Campus. This is a chance for you to engage in physical activity as well as connect with colleagues, take in the sights and sounds of our beautiful campus, thereby enhancing your mental mood. Please note that wellness partners from United Way's mental health agencies will be available with information and resources from 11:45 am to 1:00 pm.

#### Celebrate Our Spaces Photo Contest

What's your favourite space on campus? Take a photo of the place that you love best on Guelph campus, at Ridgetown, the University of Guelph-Humber or at a research station – anywhere U of G is! – and tell us why you like it so much. A panel of judges will select the top three photos and award prizes.

Submit photos to [wellnessatwork@uoguelph.ca](mailto:wellnessatwork@uoguelph.ca)

#### Smoke-Free U of G Consultation Drop-In

To create a smoke-free campus policy that considers the various needs of our University, the Smoke-Free UofG initiative will involve extensive consultation with the community. Stop by the conversation board to share your thoughts and ask questions.

#### **(R)** Office Ergonomics Workshop

This training will be reviewing muscular-skeletal disorders (MSDs), symptoms of MSDs, ergonomic risk factors, and solutions. As well as an in-depth review of how to properly set up your workstation, identify hazards and propose solutions, as well as tips for at work and at home.

#### **(R)** Get a Better Sleep Workshop

Does it take a long time to fall asleep? Mid-night awakenings? Sleep is not refreshing? Learn the most effective drug-free strategies to promote better, restful sleep. (Yes, it's true that long term use of sleeping pills changes your sleep structure and generates insomnia!)

#### **(R)** U of G Historical Walking Tour with Dr. Lisa Cox

Learn about the rich history of the University of Guelph and the built environment that bears the names of those who have made invaluable contributions to it. Through the storytelling and narration of UofG alumna and current staff member, Dr. Lisa Cox, you will hear about the rich history of student experiences, architecture, research & innovation, and significant individuals that have shaped every part of the University's evolution.

#### **(R)** Eating for Mental Well-Being Workshop

Join this interactive session to learn about the connection between our food habits and mental well-being. You will learn specific tips and tools that can be helpful in managing stress, anxiety, low energy, and difficulties with concentration and focus.

#### **(R)** Tour U of G's Produce Facility and Bake Shop

Join a U of G sous chef and a baker at Creelman Hall for an exclusive tour of the food processing room and the bakeshop. The produce facility provides a hub for chefs to process fresh fruits and vegetables during harvest season to be used in the winter.

#### Functional Flexibility Yoga

Develop functional flexibility that will allow you to lift more and run further, while increasing mental awareness and focus.

#### **(R)** Mental Health First Aid Part 1 and 2

The Mental Health First Aid Course is a 2 day course that provides participants the skills to help people better manage potential or developing mental health problems in themselves or the people around them. MHFA teaches participants to recognize the symptoms, provide initial help and how to guide a person towards appropriate professional help.

#### **(R)** Establishing Work-Life Harmony

Many of us feel overwhelmed by competing work and family demands. This session helps participants identify their key work/life stressors, clarify their values and develop skills and strategies to effectively prioritize their time and energy.

#### Discover our Spaces Campus Scavenger Hunt

U of G is made of a number of buildings of diverse architecture. Go online to find details about this scavenger hunt activity made up of photos of buildings on campus for you to find. When you complete the activity submit it to [wellnessatwork@uoguelph.ca](mailto:wellnessatwork@uoguelph.ca). Prizes available!

## WEEK TWO

(October 8 - 14)

### Fire Prevention Week

Look. Listen. Learn. Be aware. Fire can happen anywhere! Learn more about the essential steps to take in a fire, read safety tip sheets and view activities for kids to educate them about fire safety. Visit: [www.nfpa.org/fpw/](http://www.nfpa.org/fpw/)

### World Mental Health Day

World Mental Health Day aims to raise awareness of mental health issues around the world and mobilize efforts in support of mental health. How do you promote your mental health? Tweet using hashtag #WellnessatUofG

#### **(R)** Mental Health in the Workplace Workshop

The workshop will include an overview of mental health and wellbeing in the workplace and strategies for self care and managing stress at work.

#### THINK PINK Fundraising in Support of Breast Cancer

Head to the University Centre Courtyard to support the Guelph Gryphons Football Team's Breast Cancer Fundraising Initiative! Speak to the players and coaches and get pumped up for the game on Saturday! All donors can sign the Gryphon Football PINK WALL that will be displayed at the game on Saturday. All donations will be matched by Gryphon Football.

#### **(R)** Having Difficult Conversations (For Staff)

In this session, you will learn tools and strategies to have a difficult conversation that will result in a productive discussion; tips and suggestions to get you in the right mindset before engaging in a difficult conversation; and common mistakes to avoid while engaging in the difficult conversation.

#### **(R)** Campus Walking Tour with Steve Nyman

Come learn about beautiful and unique spaces on campus that you may never have seen before on this walking tour.

#### **(R)** Priority and Workload Management (For Leaders)

This session will help managers and leaders do more with less, execute on strategic priorities, and stay engaged by raising the bar in how they plan, focus, organize and manage expectations.

#### Roll N' Release Yoga

This Vinyasa style yoga class will utilize foam rollers in order to help you elongate your fascia and therefore improve flexibility, recovery and assist with joint pain.

#### Gryphon Varsity Football Game vs Toronto Varsity Blues

Kickoff at 1:00pm at Alumni Stadium

## WEEK THREE

(October 15 - 21)

#### **(R)** Blood Donor Clinic

Give the gift of life to another person by donating blood. Visit the website to sign-up for a time to donate: <https://blood.ca/en>.

#### Pilates Class

The Pilates method focuses on core strengthening, breathing & alignment. This well-known exercise technique helps participants gain awareness of body alignment while strengthening key core and pelvic muscles to support posture and healthy spinal movement.

### Pound@ Class

Get loose with this fun full body workout that fuses strength training, Pilates-inspired movements and cardio moves with drumming. Designed for all fitness levels. This is class being offered for free to all faculty and staff.

#### **(R)** Having Difficult Conversations (For Leaders)

In this session, you will learn tools and strategies to have a difficult conversation that will result in a productive discussion; tips and suggestions to get you in the right mindset before engaging in a difficult conversation; and common mistakes to avoid while engaging in the difficult conversation.

#### **(R)** RBC Financial Session – Retirement Income Planning

Learn about some of the most important and common strategies you can consider when planning your income in retirement. In other words, we'll give you the tools you need to start thinking about your retirement income plan, and prepare you for a conversation with an Advisor who can help you build it.

#### Mood Routes Walk

Mood Routes provides an opportunity to take a step back from responsibilities and stresses, engage with others, and enjoy the healing effects of nature. Free, accessible, and non-committal, Mood Routes allow you to enjoy both the physical and emotional benefits of walking with few barriers.

#### **(R)** SafeTALK: Suicide Alertness Training

SafeTALK is an alertness training that prepares anyone, regardless of prior experience or training, to become a suicide-alert helper. The goal is to provide staff with skills to support students facing mental health issues and to build capacity across campus on resources and support programs available for students.

#### **(R)** Board Game Social

Enjoy a little bit of friendly competition? Meet up with other colleagues at noon to play in small groups. Board games will be provided, but you're also encouraged to bring your favourite game along!

#### **(R)** Beyond the Books

Beyond the Books is a face to face session that will first provide participants with general information on the prevalence of mental challenges and illness. It will then help participants to identify signs of troubling behaviour and give them skills to engage in a preliminary discussion to determine if referral to a professional is necessary.

#### **(R)** Managing Conflict at Work - For Staff

Conflict is a naturally occurring part of working with others; different people have different ideas, values, beliefs and viewpoints and occasionally that can lead to disagreement between colleagues. This one day program combines the introduction of concepts, tools and skill development with interactive activities.

#### **(R)** Take a Paws

Deadlines getting you down? Take a paws from your busy day to chill out with certified comfort dogs. Groups of up to 20 can visit our pooches for a full 15 minutes. View the event on the [Wellness@Work](mailto:Wellness@Work) website for further details and to register for a time slot.

#### **(R)** The Emotional Effects of Retirement

Planning to retire can be a source of both excitement and anxiety. Whatever the emotional response, retirement marks a transition to a new life stage and lifestyle in which daily routines, identity, and roles all change. This session will introduce participants to the emotional effects of retirement.

## WEEK FOUR

(October 22 - 28)

#### **(R)** Gaining Buy-in and Making Change Stick

Learn how to gain the buy-in of your people to critical organizational and systems changes. Communicate in a way that builds acceptance of changes while minimizing resistance. Learn to remove obstacles to implement change while managing the concerns that people raise in response to the announcement of changes.

#### **(R)** Outdoor Yoga Class

Bring your yoga mat or a towel for this outdoor yoga class (weather permitting). No previous experience required.

#### **(R)** Beating Workplace Stress

In this workshop, participants will learn how to effectively deal with the stress of everyday working life through a series of interactive activities. Participants will gain a better understanding of the difference between maladaptive and productive coping strategies, while becoming equipped with the evidence-based strategies for happier, healthier working lives.

#### **(R)** Mindfulness Workshop

Come to discover the power and benefits of mindfulness by practicing skills to improve health and wellness. Discover why so many people are embracing this simple and effective way to help increase attention, awareness and improve resiliency skills.

#### **(R)** Cooking Demonstration with Chef Vijay Nair

Come view this interactive cooking demonstration including 5 common household food items. Learn tips and tricks on cooking a yummy meal!

#### **(R)** President's House Tour

Take a guided tour through the President's House to learn about its history. As you pass through the different rooms you'll discover some of its most notable features. There is lots to catch your eye. Registration spots are limited and on a first-come first-serve basis.

#### **(R)** Psychology of Well-Being Panel

This panel features renowned psychologists from the University of Guelph's Centre for Workers' Health and Well-Being, who be will sharing tips and strategies for individuals to improve their personal well-being inside and outside of their office walls.

## WEEK FIVE

(October 29 - 31)

#### **(R)** Building Resilience: Letting Go and Moving Forward

Learn what it takes to adapt well over time to difficult situations and stressful conditions. Develop the skills to be more able to adapt and cope in ways which help you manage adversity, let go and move forward.

#### Pilates Class

The Pilates method focuses on core strengthening, breathing & alignment. This well-known exercise technique helps participants gain awareness of body alignment while strengthening key core and pelvic muscles to support posture and healthy spinal movement.

#### Meatless Monday

The Sustainability Office has put together a Meatless Monday blog with a list of where to eat meatless at U of G. View the top 3 winning vegetarian recipes from The Great Wellness@Work Recipe Contest. Show off your healthy meals using the hashtag #wellnessatUofG! Learn more at the [Wellness@Work](mailto:Wellness@Work) website.

#### Movie Screening Social

Bring your lunch and watch two short Ted Talk videos with colleagues. Popcorn will be provided!

#### **(R)** Spooktacular Space Contest

Festively decorate your work space or common office area with your colleagues and submit your photos using the hashtag #wellnessatUofG or email to [wellnessatwork@uoguelph.ca](mailto:wellnessatwork@uoguelph.ca). Prizes are available for the best dressed office or work space!

#### College Idol

Get your tickets for the annual hot lunch and show in support of United Way. Prizes for best individual and group costumes will be awarded.

#### Body Blast Fitness Class

Experience a blend of intense cardio conditioning and resistance training intervals. Blast your body!