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Wellness Month Welcome kit

WELLNESS DESIGNED FOR YOU

Launching a month of workplace wellness, inclusion, and support for every employee



Welcome to Canada's Healthy Workplace Month. This welcome kit is designed to introduce employees to available supports, benefits, and wellness resources, while encouraging a flexible and inclusive approach to wellbeing across the workplace.



The goal is to help employees explore what support is available, reflect on their own wellbeing, and take part in resources and activities in ways that feel meaningful and manageable for them.

Quick Start

Use this quick start checklist to begin:

- Read the Welcome Kit overview.
- Complete the Employee Wellness Self-Assessment.
- Watch for launch emails and weekly updates.
- Explore shared wellness resources and supports.
- Talk with your manager or team about ways to support wellbeing at work.

What is Canada's Healthy Workplace Month?

Canada's Healthy Workplace Month, often referred to as CHWM, is a month-long initiative that helps employees explore wellbeing through weekly themes, practical activities, helpful resources, manager support, and access to a wellness hub. It is designed to introduce employees to workplace supports and encourage participation in ways that feel relevant, manageable, and inclusive.

Throughout the month, employees can engage with tools and activities that support different areas of wellbeing, while managers help promote awareness and create supportive team environments. Overall, the initiative provides a structured but flexible way for employees and managers to connect with wellness resources and build healthier workplace habits over time.



Canada's Healthy Workplace Month
mois santé au travail au Canada

Week 1: Wellness Designed for You

Week 1 introduces wellness as a personal and inclusive journey. The focus is on helping employees reflect on what wellbeing means to them and identify small, realistic ways to use available supports and resources. This approach aligns with the broader CHWM message that activities can be adapted to fit each organization and each person's needs.

Week 1 focus on :

- Wellness is personal, and different supports help different people.
- Inclusion matters, because employees may have different schedules, job demands, cultures, abilities, and comfort levels with group participation.
- Small actions count, especially when they are practical and sustainable.

Suggested employee actions

- Review this welcome kit and note one area of wellbeing to focus on this month.
- Complete the workplace wellness self-assessment.
- Visit the wellness hub or employee support resources.
- Choose one activity that feels realistic this week, such as taking a proper break, checking in with a colleague, setting a work boundary, or learning about mental health supports.

Participation Guide For Employees & Managers

This month is built to be flexible and easy to join in a way that works for different people. Employees can take part by exploring the materials, choosing activities that match their interests, and using the available supports in a way that feels realistic for them.

Managers help by sharing information, encouraging involvement, and creating a team environment where people feel comfortable participating. The overall goal is to make wellness approachable, supportive, and inclusive for everyone.

For employees

- Explore the resources that feel most useful to you.
- Take part in activities at your own pace.
- Use the supports that fit your needs.
- Choose what feels manageable and meaningful.

For managers

- Share resources and updates with your team.
- Encourage participation without pressure.
- Support flexible involvement.
- Help create a positive space for wellness conversations.

FREQUENTLY ASKED QUESTIONS & SUPPORT

1. What is the goal of Canada's Healthy Workplace Month?

The goal is to build awareness of workplace wellness supports, encourage reflection and participation, and help employees engage with resources that support their mental, physical, and emotional well-being.

2. Where can employees find more support?

Employees can find support through the wellness hub and related workplace resources, including self-assessment tools, inclusive wellness supports, leadership resources, and activity based materials offered throughout the month.

3. Do employees have to complete every activity?

No. Employees can participate in ways that feel relevant and manageable for them.

4. How much time does participation take?

Participation is flexible. Employees can engage in short activities, explore resources at their own pace, or take part in a way that fits their schedule.

