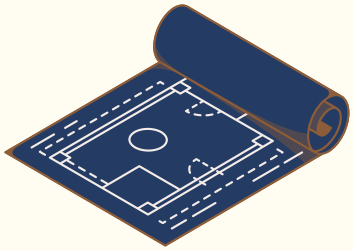
OCTOBER 5

Create Your Wellness Blueprint

Canada's Healthy Workplace Month

EXCELLENCE CANADA

The ecosystem of wellness starts with you, which is why this daily content is important to explore your unique self and rhythm.



Map Your Daily Energy Curve

Pay attention to when you feel most awake, calm, focused, or drained throughout the day. Your energy has a pattern, even if your schedule is unpredictable. This rhythm becomes the foundation of your blueprint.

Find Your Personal "Feel-Good Anchors"

Think about the small things that help you feel grounded or steady. For example, a quiet moment, a stretch, a warm drink, a breath of fresh air. These simple supports are the building blocks of your personal plan.

Choose how you will

Create Your Wellness Blueprint

Listen to Your Body's Signals

Your body is always communicating. Tight shoulders, a heavy mind, a tired face, a restless mood. These are signals worth noticing. Understanding them helps you design a blueprint that actually fits your real needs.

Begin with your Realistic Starting Point

Your blueprint isn't built on an idealized version of you. It's built on who you are today. Tired, hopeful, stressed, healing, or somewhere in between. Start from the real you.

Learn more at
healthyworkplacemonth.ca

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Daily Resource

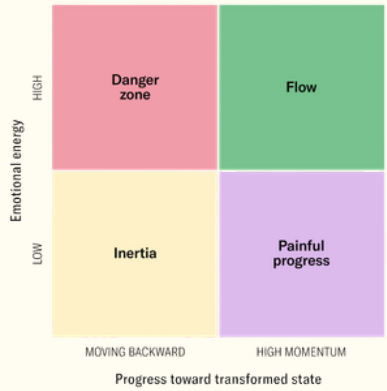
Manage Your Energy, Not Your Time

Gain insight into why investing in the calibration of individual and collective energy may be more transformative than focusing solely on new skill acquisition from this Harvard article.

Workplace Tips

For Leaders

A visual snapshot of early signs of organizational energy shifts and the key moments to intervene



For Team Members

Learn more about how emotions and feelings can be experienced by both humans & animals:

The Science of Emotions - TEDxTalk

Explore the concept of selective vulnerability to handle emotions at work and support a safe and healthy workplace:

How to Embrace Emotions at Work - TED Talk

> **The ultimate value of life depends upon awareness and the power of contemplation rather than mere survival.**
>
> **– Aristotle (Philosopher)**

Learn more at healthyworkplacemonth.ca