OCTOBER 22

Find Support Systems

Canada's Healthy Workplace Month

EXCELLENCE CANADA

Human connection is key to mental and physical health. Creating strong social connections improves resilience, reduces stress, and contributes to overall well-being



Reflection Prompt

"What kind of support helps most when work feels heavy?" Take a few moments to reflect on this question. Write down all the ideas that come to mind.

Get Moving

In a group of your choosing, take a 15-20 minute walk. Take this time to step away from work and discuss any topics of mutual interest.

Choose how you will

Find Support Systems

Group Meditation

In a small group, either virtually or in person, take the time to reflect on your day. Take 10-20 minutes to be still, slow your thoughts, and focus on your breathing.

Check-In Circle

In a small group, either virtually or in person, take the time to reflect on your day. Share as much or as little as you like and be open to hearing from your colleagues.

Learn more at
healthyworkplacemonth.ca

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improving performance, recognizing excellence / améliorer le rendement, reconnaître l'excellence

Daily Resource

5.3.1. Technique

Spend time with **5** different people a week
Take the time to nurture **3** close relationships
Aim for **1** hour of social interaction in the day.

Workplace Tips

For Leaders
Create a social environment in the workplace. Facilitate regular team check-ins and encourage open communication within your team.

For Team Members
Focus on maintaining small daily connections with your colleagues. Small interactions and kind gestures can go a long way.

> **Community is much more than belonging to something; it's about doing something together that makes belonging matter.**
>
> **-Brian Solis (author)**

Learn more at
healthyworkplacemonth.ca