**OCTOBER 23**

## *Sustain Well-Being*

Canada's Healthy Workplace Month

EXCELLENCE CANADA

***Maintaining well-being is an ongoing journey that requires patience and nurturing. Consistent wellness practices overtime ensures lasting positive changes and improve quality of life.***



### Well-Being Checklist

Create a weekly list of 1-3 achievable wellness goals and commit to them daily. Checking off daily goals on your list also boosts your motivation to complete them.

### Journal Prompt

"What can I do today to make myself 1% better than yesterday?" Take the time to reflect on the areas of your well-being that could be improved and write them down.

*Choose how you will*

# Sustain Well-Being

### Weekly Check In

In a group of your choosing, discuss the ways you all are exercising wellness. Share ideas, have an open mind, and encourage one another.

### One New Thing

Take the time to reflect on a new activity or action relating to your personal wellness. Commit to trying this new activity so long as you are enjoying it.

**Learn more at**
**healthyworkplacemonth.ca**

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## Daily Resource

### The Index Card Technique

Create a deck of index cards that includes personal affirmations, strategies, or reminders to use during times of stress.

## Workplace Tips

### For leaders

Foster an environment that demonstrates self-care and leads by example. Encourage staff to express their needs and implement suggestions that benefit the workplace.



### For Team Members

Implement all your resources to create a healthy work-life balance. Take breaks, set clear boundaries, and optimize your workspace to facilitate lasting well-being.

> **We are what we repeatedly do. Excellence, then, is not an act, but a habit.**
>
> **-Aristotle (philosopher)**

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