OCTOBER 9

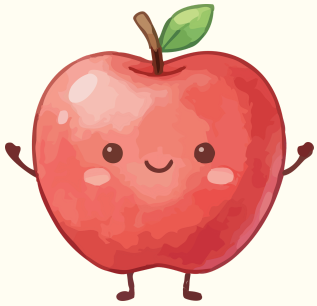
Promote Wellness

Through Advocacy & Mindfulness

Canada's Healthy Workplace Month

EXCELLENCE CANADA

Wellness is about thriving, not just surviving. It means having the internal and external conditions that help people feel balanced, supported, and able to grow.



Choose how you will

Promote Wellness

with access to additional resources

Neurodiversity in the Workplace

Predictable environments and sensory-friendly spaces are important to feel safe & be productive.

Black communities

May face racial stress that impacts safety, belonging, and esteem.

Indigenous communities

Often emphasize holistic wellness tied to land, culture, and community.

Persons with disabilities

May encounter barriers to physical access, communication, or inclusion.

Parents and caregivers

Need flexibility and understanding to meet both personal and family needs.

Men, women, and gender-diverse Individuals

May experience different social pressures that affect emotional wellness.

2SLGBTQI+ Individuals

May struggle with safety, belonging and identity affirmation.

Newcomers

May face language, cultural, and systemic barriers that affect safety, belonging, confidence, and access to support or employment.

Learn more at
healthyworkplacemonth.ca

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Daily Resource

Book recommendation on mindfulness:

The Things You Can See Only When You Slow Down: How to Be Calm in a Busy World - By Haemin Sunim

Workplace Tips

For Leaders

Practice a habit of a 1-minute reset before meetings

Do 5-4-3-2-1 grounding practice: name 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, 1 thing you can taste

Model the Wellness Culture You Want to See

For Team Members

Support each other actively.

Take your breaks and encourage others to take theirs

Share information openly to reduce confusion and stress.

Give feedback with care and receive it with openness.

> **I saw an angel in the stone and carved to set it free.**
>
> **- Michelangelo (Sculptor & Painter)**

Learn more at healthyworkplacemonth.ca