Take a minute to check-in with yourself. Ask “how am I doing?” Your mental health is important every day.

**When you need help**
Seeking support in a timely manner is vital and can help you get back on track

**WellBeing and WorkLife**
Staff Wellness
403.220.2918
ucalgary.ca/staffwellness

**Employee & Family Assistance Program**
LifeWorks
UCalgary Line: 1.866.424.0699
You are not alone.
Did you know that 51% of Canadians experience high job stress.

Learn how to create a supportive work environment and to maintain your own mental health and wellbeing!

Staff Wellness offers these workshops:

• The Working Mind
• Building Personal Resilience
• Building Resilience through Connection
Physical activity can improve cardiovascular health, mobility, longevity, sleep, mental health and more.

- Access **Active Living** for vclasses and registered programs.
- Take micro-breaks from your computer — stretch, walk, grab a glass of water. Contact Staff Wellness to learn more about **ergonomic workshops**.
- If working from home, integrate walks into your day to simulate the daily movement we get on campus.
Monitor Media Intake

Staying up-to-date and informed is important to our physical health but too much information can have unintended impacts to our mental health.

**Things to consider:**

- Be selective and look for credible, fact-based news sources.
- Set limits around the amount of time you check-in with your sources during the day and limit how long you spend in these spaces.
- Look for positive, inspiring and hopeful news.
Implement Structure and Routine

Creating structure and routine in our day can help reduce stress by:

- freeing up cognitive resources
- overriding rumination and worry
- focusing on positive, productive pursuits
- adding to feelings of control

Strategies to consider:

- Schedule mental and physical breaks throughout the day
- Create realistic and achievable daily task list(s)
- Designate, plan and prepare specific self-care activities
Plan Self-Care

When busy and settled into routines, don’t lose sight of self-care.

Proactively seek-out and schedule self-care strategies to move us through the semester.

• Take time for mindfulness. Breathing, meditation and yoga are all important activities that promote being present.
• Eat well. choosing healthy and nourishing foods
• Focus on restorative sleep routines.
Practice Compassion

• We're in the same storm on different boats.
• Try to recognize everyone is going through this moment under varying circumstances.
• Your own reactions and emotions are okay, as are others.
• Communicate your comfort level to those you interact with and encourage others to do the same.
One day at a time

• The uncertainty that we are coping with is a significant challenge.
• Instead of ruminating on the past or worrying about the future, be mindful of the present moment.
• This can help us focus on our own emotions and what we can control.
Reach out for Support

Although heightened stress during the COVID-19 response is not uncommon, support is available for you to discuss your feelings.

• If fear or stress is impacting your ability to participate or complete daily tasks, or activities, reach out to your community—friends, family, faith, or through counselling or crisis lines.

• Employee and Family Assistance Program LifeWorks UCalgary Line: 1.866.424.0699