

# Workplace Mental Health Minute

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](http://ucalgary.ca/staffwellness)

### Employee & Family

### Assistance Program

**TELUS Health (formerly Lifeworks)**

UCalgary Line: 1.866.424.0699

# Stress, Job Performance & Wellbeing

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
- Health and Wellbeing in the Workplace

# Remain Physically Active

**Physical activity can improve cardiovascular health, mobility, longevity, sleep, mental health and more.**

- Access [Active Living](#) for classes 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 movement 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.

# Reach out for Support

Support is available for you.

- If 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  
TELUS Health (Formerly Lifeworks) UCalgary  
Line: 1.866.424.0699