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**
Homewood Health
1.800.663.1142
homeweb.ca
Stress, Job Performance & Wellbeing

You are not alone.
Did you know that 51% of Canadians experience high job stress.
- Homewood Health

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
Remain Physically Active

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

• Access Active Living for virtual 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 walks into your day to simulate the daily movement we get on campus.
Stay Connected

Social connections can ease stress and contribute to your overall wellbeing.

Make connections at UCalgary

• Join the **UCalgaryTogether event series** — a platform for you to connect with others, find community and support and socialize.

• **Community Engagement** offers regular webinars and COVIDcast series to keep you connected to our community.

• Create unit and faculty-based opportunities to connect (e.g. virtual coffees, recipe sharing).
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.
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 normal, 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.

• Homewood Health 1.800.663.1142