

# 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

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
- 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 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