Canada’s Healthy Workplace Month (CHWM)® is a yearly celebration of workplace health in Canadian organizations. To be their best at work, employees must have a balance of physical, emotional, intellectual, and social well-being (Excellence Canada).

Each week in CHWM month is themed to reflect the multiple aspects of a healthy workplace. OHE offers opportunities to attend Lunch & Learns and workshops and participate in activities based on the weekly themes not only during the month of October but throughout the year.

It is estimated that 1 in 5 Canadians will experience a mental illness throughout their lifetime. Mental Illness Awareness Week (October 1-7), is an annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness.

For more information on mental illness, self-assessment tools, programs and tip sheets, please visit the HRS Virtual Wellness website.

Another important aspect of a healthy workplace is providing opportunities to ‘give back’. The University of Alberta, a Canadian Blood Services Partner for Life, has made a commitment to save lives by donating blood as a team. If you’d like to give blood as part of the Partners for Life program and have it counted towards the University’s annual donation goal, please register as an individual member through the Canadian Blood Services website (www.blood.ca). The University’s Partner ID is UNIV010313. With every blood donation you make, you save lives.

Influenza (flu) season is approaching! Influenza is very contagious so preventing infection is key! Remember to cover your cough, clean your hands, stay at home when sick, and get immunized to protect yourself and others.

Immunizations are available through Alberta Health Services clinics, doctors’ offices, and community pharmacies including the University Health Centre & Pharmacy beginning October 23rd.

World Mental Health Day - Observed every year on October 10th, this is a day to raise awareness of mental health issues and to mobilize efforts in support of mental health. This year the theme is “Mental Health in the Workplace”.

Join us for the Lunch & Learn "Beyond Stigma: Increasing our Understanding of Mental Health in the Workplace" on October 4th and visit the Days of Action website for information on campus events planned for October 10th.
Focus on Taking Control
Your Employee and Family Assistance Program - counselling and much more!

The University’s Employee and Family Assistance Program (EFAP) provider offers faculty and staff access to self-paced, private, and personalized learning experiences designed to improve personal health and well-being and workplace effectiveness.

The following e-courses are available to help you take control of...

**Your Mood**
What is low mood and what can you do about it? This e-course offers self-care strategies around eating and sleeping well, managing thinking and feelings, increasing positive experiences and getting active to improve your mood.

**Anger**
Is your anger productive... or destructive? Learn how to cope effectively with stresses and frustrations and manage angry feelings and behaviour.

**Stress**
Is there more to stress management than learning to relax? If you feel like you are under more stress than normal, this course can help you identify signs of unhealthy stress and manage it with seven stress management strategies.

To learn more about these and all e-courses available as well as the many other programs and services provided by our Employee and Family Assistance Program Provider, please visit the HRS website.

To arrange to speak with a specialist, please call 780-428-7587.

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**Adopt a Planter**
The Adopt a Planter program provides opportunities to strengthen our campus community and further the University's goal of becoming amongst the healthiest universities in Canada.

Facilities and Operations and Human Resource Services would like to take this opportunity to thank all those who participated in the program this year - you did a fantastic job!

We encourage everyone to visit HRS Virtual Wellness, Active Living for U, Adopt a Planter to enjoy a slideshow of a sampling of planters & beds your colleagues have created and maintained throughout the growing season. We hope you will be inspired to join the program in 2018!

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**Upcoming Learning Opportunities & Events**

**Bouncing Back**
Bouncing Back is a personal development program about building resiliency to counter stress. Stress is inevitable. Burnout is not. Learn to create awareness of your warning signs and triggers and bounce back from stress. This intensive and comprehensive program starts on November 1st and runs for six consecutive weeks on Wednesdays from noon to 1:00 pm. Please see the program flyer for details. To register, e-mail the agreement form on the back of the flyer to org.health@ualberta.ca

**Faculty and Staff Orientation**
This full-day session begins with welcoming remarks and key messages from high-level University administrators. The day also includes an introduction to the innovative Information Marketplace, which showcases services and resources offering professional and personal support. A walking tour of the campus wraps-up the day’s activities. The orientation will take place on November 14th. Registration will open the week of October 9th. Please visit the Learning Shop to register.

These sessions are intended for faculty and staff unless otherwise noted.

www.virtualwellness.ualberta.ca