

BE WELL BE SAFE

MAY 5-9, 2025

Psychological Safe Leader Assessment:

This resource helps leaders become aware of the impact they can have on the psychological health and safety of employees at work. It helps leaders improve communication, social intelligence, fairness and problem-solving.

A Guide for Staff & Faculty: Steps to Supporting a Colleague in Distress

This guide is intended for University of Guelph staff and faculty members to learn how to support a colleague who is in distress. Read through this guide to learn how to recognize signs of distress and how you can offer supportive assistance and email wellnessatwork@uoguelph.ca to bring this training to your team!



Faculty. Staff. Students.

Please join us in celebrating Mental Health Week and North American Occupational Safety and Health Week!

MAY 5	MAY 6	MAY 7	MAY 8	MAY 9
Participate in the Spot the Hazards Activity for your chance to win one of three \$25 gift cards!	Learning the basics: What is Masking?	10:00am – 11:00am Considering Counselling? Learn more about seeking psychotherapy and what to expect. (virtual)	10:30am – 11:30am Cultivating Calm and Clarity: An Evidence-Based Workshop Series for Stress Regulation (virtual)	9:30am – 10:00am Chair Yoga: Get Fit Where You Sit (virtual)
	10:00am – 10:45am Employee and Family Assistance Program (EFAP) Orientation (virtual)	View the IEDI Employee Resource SharePoint Site that offers health and well-being resources for U of G employees in equity-deserving groups and to foster workplace allyship.		Explore GOAL 2.0 resources such as the quality conversations Check-In: Discussing Workload Resource.
Health and Safety Tip: Officer: Ergonomics – What to Look for in a Chair	Health and Safety Tip: Sun Safety	Health and Safety Tip: Working in the Heat	Health and Safety Tip: Sharps Safety	Health and Safety Tip: Safe Lifting
11:45am – 1:00pm Kick-off Event for Be Well, Be Safe Week: Connection Feeds Protection (in-person)	12:00pm – 1:00pm Nourish to Flourish: Anti-Inflammatory Eating for Mental Health and Beyond (virtual)	12:00pm – 1:00pm Wednesday Noon Arboretum Walk (in-person)	12:00pm – 1:00pm Staff Only Learn to Lift (in-person)	Reserve your spot for the free Canadian Red Cross CPR Level C/AED Certification that is scheduled for June 4!
		1:00pm – 2:30pm GenEQ Exchange Series		
Recognition & Reward is one of the 13 psychosocial factors that contribute to a mentally healthy workplace. Recognize a colleague or a team by nominating them for May "G" Thanks program!	12:00pm – 1:00pm Staff Only Learn to Lift (in-person)	Participate in the CMHA, A Week Toward Unmasking Journal Challenge	Apply now for a Wellness@Work Grant!	2:00pm – 3:00pm Dot Painting to Mindfulness (in-person)



<https://www.uoguelph.ca/wellnessatwork/be-well-be-safe>

Please visit the Wellness@Work website to learn more about each virtual event and complete your registration. All events are free