

# BE WELL BE SAFE

MAY 6-10, 2024

## [Make sure to create a Not Myself Today profile!](#)

Not Myself Today is an initiative of the Canadian Mental Health Association to support building a healthy workplace for all employees. Staff and faculty are encouraged to create a Not Myself Today profile to explore the resources, tools, and activities available through the online portal.

## [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.



## Faculty. Staff. Students.

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

MAY 6	MAY 7	MAY 8	MAY 9	MAY 10	
Participate in the <b>Spot the Hazards Activity</b> for your chance to win one of three \$25 gift cards!	Learning the basics: What's the difference between <b>mental health and mental illness?</b>	<b>10:00am - 11:30am</b> <u><a href="#">Understanding the Self in Self-Compassion</a></u> (in-person)	<b>9:00am - 4:30pm</b> <u><a href="#">Mental Health First Aid</a></u> (in-person)	<b>9:00am - 12:00pm</b> <u><a href="#">Canadian Red Cross CPR Level C/AED Certification</a></u> (in-person)	
<b>9:45am - 10:00am</b> <u><a href="#">Morning Mindful Moment: The RAIN of Self-Compassion</a></u> (virtual)	<b>11:00am - 11:45am</b> <u><a href="#">Employee and Family Assistance Program (EFAP) Orientation</a></u> (virtual)	Take 5-minutes and send a colleague a <b>kindness card</b> .		Practice having conversations about mental health by using the Not Myself Today <b>"Let's Get Talking"</b> scenarios.	
Health and Safety Tip: <b>Officer Ergonomics - What to Look for in a Chair</b>	Health and Safety Tip: <b>Sun Safety</b>	Health and Safety Tip: <b>Working in the Heat</b>		Health and Safety Tip: <b>Tick Safety</b>	Health and Safety Tip: <b>Safe Lifting</b>
<b>11:45am - 1:00pm</b> <b>Kick-off Event for Be Well, Be Safe Week:</b> <u><a href="#">Fostering Safety: Physically and Mentally with Keynote Speaker Rob Ellis, Founder of My Safe Work</a></u> (in-person)	<b>12:00pm - 1:00pm</b> <u><a href="#">Staff Only Learn to Lift</a></u> (in-person)	<b>12:30pm - 2:00pm</b> <u><a href="#">Cultivating Compassion Through Movement and Creating with Plants</a></u> (in-person)		<b>12:00pm - 1:00pm</b> <u><a href="#">Staff Only Learn to Lift</a></u> (in-person)	<b>12:00pm - 1:00pm</b> <u><a href="#">Free Staff Climbing</a></u> (in-person)
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 <b>May "G" Thanks program!</b>	<b>12:00pm - 1:00pm</b> <u><a href="#">Free Staff Climbing</a></u> (in-person)	Participate in the <b>CMHA's "A Week of Compassion" Challenge</b> for your chance to win one of five \$25 gift cards!		<b>2:30pm - 3:30pm</b> <u><a href="#">Guided Arboretum Tour</a></u> (in-person)	<b>2:30-3:30pm</b> <u><a href="#">Voices of Joy: Exploring Persona Poems</a></u>
	<b>2:00pm - 3:00 pm</b> <u><a href="#">Considering Counselling? Learn more about seeking psychotherapy and what to expect.</a></u> (virtual)		Supervisors, learn more about management practices that <b>support the psychological health or your teams.</b>		