

This message has been approved by Tanya Rowell, CEO of the Public Service Commission

- Please post this message for employees who do not have computer access –

Greetings,

I encourage everyone to review the attached You Matter Newsletter that presents ideas for mental health and wellness initiatives you can complete individually or with your team. Key resources from the You Matter website have been compiled for you in the newsletter based on suggestions received from the You Matter Bingo challenge ballot entries for future mental health and wellness initiatives.

New: Wellness Webinars

Based on your feedback, a new “Wellness Webinar” series will be piloted over the next month. These will be short 10-minute virtual mindfulness meditation sessions during the lunch hour to support employee mental health and well-being. To participate, please register by clicking the title of the session(s) below. You can also register on the PSC website <https://psc.gpei.ca/wellness-webinars>. Upon registration, you will receive a confirmation email with details on how to attend the session via Microsoft Teams. The webinars are open to anyone and no previous experience is required.

Wellness Webinars	Date/Time
Mindful Movement - This short meditation guides you through deep breathing and some simple light stretches. This exercise will help you to relax and release tension.	Wednesday, Nov. 30 at 12pm
Body Relaxation - This meditation brings your attention to different parts of your body to help you relax and release tension.	Wednesday, Dec. 7 at 12pm
Meditation for Anxiety & Stress - This meditation encourages you to focus on your breathing and to be in the present moment to reduce anxiety and stress.	Wednesday, Dec. 14 at 12pm

You Matter Website and a Message from Premier Dennis King

I encourage you to regularly review the [You Matter](#) website for resources to support your mental health and well-being. The website will continue to evolve to support employees. I wanted to highlight a new video addition to the website featuring our Premier. Watch Premier King’s video [here](#).

Please take the time for you and your mental health and well-being:

- [Make time for you](#)
- [Check in with yourself- How are you, REALLY?](#)
- [Help is available](#)
- [Be there for each other](#)
- [Learn more at https://youmatter.princeedwardisland.ca/](https://youmatter.princeedwardisland.ca/)

Your [Employee Assistance Program](#) provides confidential help with problems that can/are affecting family and/or well-being. For more information, click <https://psc.gpei.ca/employee-assistance-program>, e-mail: eap@gov.pe.ca or call: [902-368-5738](tel:902-368-5738) (toll free: [1-800-239-3826](tel:1-800-239-3826)).

If you have any questions, please don’t hesitate to contact your Supervisor or HR Manager.

Thank you,

Tanya

You Matter

