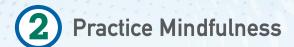
November 2022

YOU MATTER newsletter

Ways to focus on your Mental Health & Well-Being



Did you know that as part of your employee benefit plan, you have free access to Canada Life's Health Connected dashboard? **Create your account** to access personal challenges, digital health coaching, and a library of health resources. There are challenges you can do that promote physical activity, sleep, relaxation, nutrition and sharing kindness. Complete a personal challenge on your own or encourage your colleagues to do a challenge together!



- Explore the **mindfulness resources** on the **You Matter** website.
- Set up a recurring appointment in your calendar with links to these mindfulness resources to regularly take time for you.
- A group in your workplace could practice mindfulness together over Microsoft Teams or in-person at your workplace.
- Take a **mindful walk**! It is an excellent time to practice mindfulness outdoors. Engage your senses to be in the present moment see the changes in nature, feel the cool air on your face, and hear the sounds of the wind blowing and the leaves rustling. Try a mindful walk on your own or start a walking group at your workplace!

3 Registe

Register for a Wellness Webinar

Wellness Webinars will be piloted over the next month. These will feature short 10-minute exercises completed over Microsoft Teams to promote your mental health and well-being. Register for one of the upcoming webinars by clicking the title below. You can also register at the PSC website at **psc.gpei.ca/wellness-webinars**. Upon registration, you will receive a confirmation email with the details for how to join the session via Microsoft Teams.

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



Take Healthy Breaks

Taking your regular breaks throughout your workday is important. Taking a break to recharge has positive benefits to the mental health of employees. **Workplace Strategies for Mental Health's "Take your break activities"** presents many ideas for break activities that are calming, energizing and relaxing. In reviewing the activities, you can determine which ones are a good fit for you in your workplace. These activities are also a great way to promote connection amongst colleagues in the workplace!



Explore Mental Health Apps

Workplace Strategies for Mental Health has a list of evidence-based apps that can help with your mental health and well-being. Please note, these apps are provided for information only and should not be relied on as professional advice.