

November 2022

# YOU MATTER newsletter

Ways to focus on your Mental Health & Well-Being

## 1 Explore the “My Canada Life at Work - Health Connected Dashboard”

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!

## 2 Practice Mindfulness

- 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 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
<b>Mindful Movement</b> - 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
<b>Body Relaxation</b> - This meditation brings your attention to different parts of your body to help you relax and release tension.	Wednesday, Dec 7 at 12pm
<b>Meditation for Anxiety &amp; Stress</b> - 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

## 4 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!

## 5 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.

[YouMatter.PrinceEdwardIsland.ca](http://YouMatter.PrinceEdwardIsland.ca)

