DID YOU KNOW?

October is Healthy Workplace Month

The goals of Canada's Healthy Workplace Month® (CHWM) are to:

1. Increase awareness of the need for a comprehensive approach to workplace health in Canada that is influenced by the four elements of a healthy workplace:
   - Healthy Lifestyles
   - Workplace Culture and Mental Health
   - Physical Environment
   - Corporate Social Responsibility

2. Provide healthy workplace tools, resources and best practice examples, through its website, **www.healthy workplacemonth.ca**, to help organizations create healthy workplaces with benefits for employees and themselves.

3. Increase the number of healthy workplaces in Canada!

Canada's healthyworkplacemonth

October 1 – 31, 2015

Great-West Life presents

Healthy Workplace® Essentials

...Educate, Engage, Empower, Evaluate

Wellness Tips!

Set a reminder to breathe deep – this is a useful calming exercise

Remember to Smile – the world loves a smile

Take time to play games – at both home and work, games create a relaxing atmosphere

Deliver office messages in person – this gets you up and moving!

For more great ideas visit:
www.healthyworkplacemonth.ca
or
www.workplacestrategiesformental-health.com

Saskatchewan Parks and Recreation Association

Try These Wellness Activities!

Stretch at your Desk and Breathe Deep

- **How to take this break**
  Schedule time in your calendar everyday to stretch and relax. Follow up with two minutes focused on your breathing. Focus on the words 'breathe in' and 'breathe out'.

- **Why this counts - Relaxing**
  Deep breathing is one of the best ways to lower stress in the body because when you breathe deeply it sends a message to your brain to calm down and relax.

Take an Outdoor Break and Go for a Walk

- **How to take this break**
  Take time during your day to go outside and take a walk. If your workplace has a nearby park, greenspace or residential area, try to walk in these locations for greener surroundings.

- **Why this counts – Physical Activity**
  Getting outdoors and walking helps get the blood flowing! Physical activity during the day helps revitalize the mind, body and soul and can provide that extra boost of energy!

Explore Your Creative Side

- **How to take this break**
  Take a break from your screen and unleash your creativity on a "Canvas." With simply paper and markers you can start a great art project in the lunchroom or another common office space.

- **Why this counts – Self Expression and Stress Reduction**
  Art is a powerful tool that can: boost staff productivity, enhance problem solving skills, encourage office networking, stimulate the imagination and provide a sense of accomplishment.

Supported by:
Saskatchewan LOTTERIES

For more information, contact the Saskatchewan Parks and Recreation Association
Phone: (306) 780-9231 Toll free: 1-800-563-2555 Email: office@spra.sk.ca Website: www.spra.sk.ca