

Workplace Wellness at Dal



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Steps 1 and 2...

- Manager, Organizational Health, Human Resources (2009)
- Healthy Workplace Collaborative



**WORK
WELL**

Strategy Development 2016

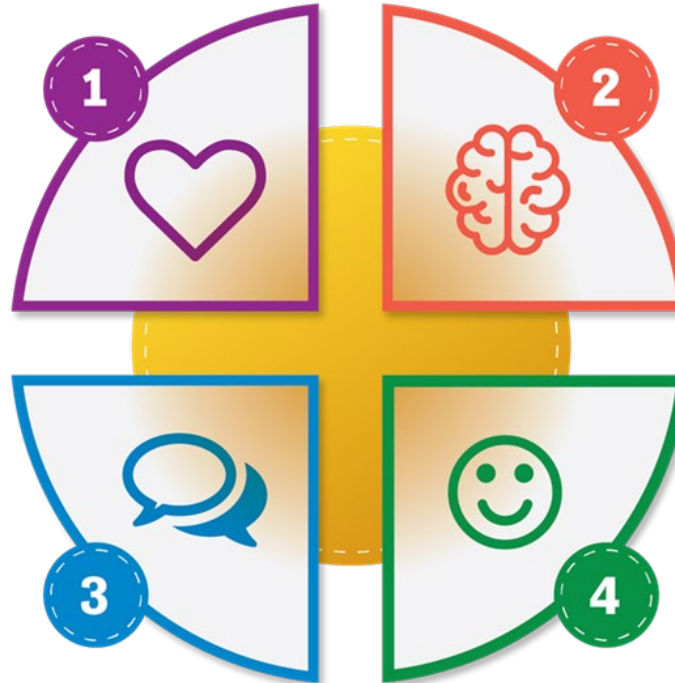
The logo features a central black dot with approximately 15 yellow lines radiating outwards, resembling a sunburst or a rising sun.

Thrive

Total Health Approach

Physical Health

Physical Activity
Pain
Sleep
Hydration



Mental Health

Awareness/Anti-Stigma
MH Training
Mindfulness
Resilience

Workplace Health

Respect
Conflict Resolution
Award
Leadership

Life Health

Caregiving
Finances
Relationships
Work/Life Blending

Wellness Programming

- Monthly wellness themes
- Expand notion of “wellness” in offerings
- Wellness Experts

Month	Jan	Feb	Mar	Apr	May	June
Area of Focus	Mental Health	Move More	Body Health	Financial Health	Mental Health	Relationships

Month	July	Aug	Sept	Oct	Nov	Dec
Area of Focus	Relaxation	Vacation Awareness	Respectful Workplace	Communication/ Conflict	Pain Awareness	Leadership

Learning Calendar: events-tm.dal.ca

Start the conversation...



IT'S OKAY TO TAKE A BREAK.

Taking breaks improves well-being and increases productivity.

Sources: Cognition 2011; Organizational Dynamics 2013

Feel better. Be better.



WORK WELL

MYDAL -> FACULTY/STAFF -> HEALTH&WELLNESS
#DALWORKWELL

Did you know...

URINE

indicates your
HYDRATION



HYDRATED

DEHYDRATED

SEVERE DEHYDRATION

Drinking fluids helps your heart, brain and muscles, aids in digestion and wards off headaches.

Source: Nutrition Review 2010

Feel better. Be better.

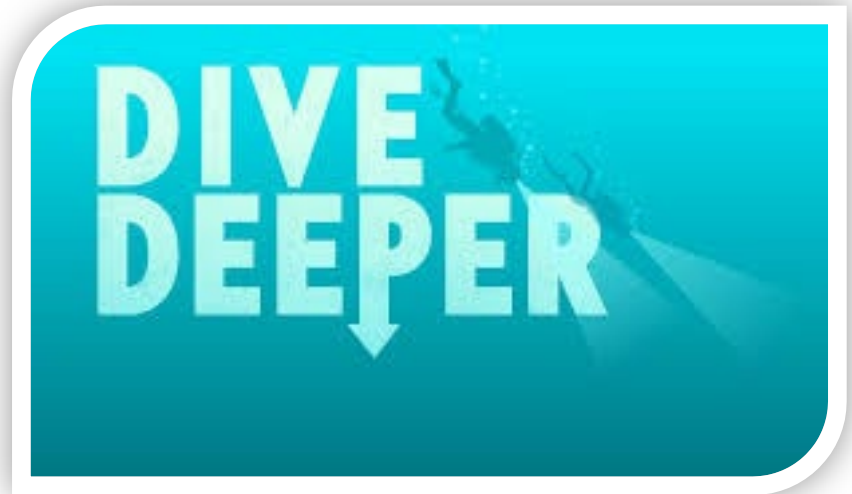


WORK WELL

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#DALWORKWELL

Deepen the impact

- **Extended learning opportunities**
 - 8-week Resilience training
 - 9-week Having non-defensive conversations
 - 10-week Meditation program
- **Support groups**
 - Caregivers
 - Chronic pain



Deepen the impact

- Wellness champions
- Wellness committees (3/1)
- Workplace Wellness Grants Program
- Workplace Health Assessments
- Healthy Workplace Award



Employee and Family Assistance Program (EFAP)

- A **voluntary, confidential**, short-term **counselling** and **advisory** service
- Available to all regular full-time and part-time employees and their eligible dependents
- Services are delivered by the **professional counsellors and work/life consultants** employed by Morneau Shepell
- Available 24 hours a day to provide confidential assistance with concerns that affect an individual's **personal, family, and work lives or general well-being**
- Confidentiality and privacy are assured

workhealthlife.com 1-800-387-4765

Keep in touch

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