

# October is Healthy Workplace Month

## Take the Challenge!

Canada's Healthy Workplace Month (CHWM) is an annual celebration to inspire organizations across the country to create and sustain healthy workplaces. Visit the CHWM website for [healthy activity ideas](#) and [daily content](#).

Western also offers many health-related resources and activities here on campus. Below, you'll see that each week this month has a topic of focus, and for each week we've outlined resources available to employees, and some special activities and workshops. Check out the links to learn more and/or register.

**The Challenge:** Complete as many of the topics/resources/events you see below, and cross them off on the calendar you'll find on page 2. Submit your completed calendar to [livingwell@uwo.ca](mailto:livingwell@uwo.ca) by November 1, 2025, for entrance into draws for prizes and internal wellness rewards!

### Week 1: A Growth Mindset- Embracing Agility

Embracing a growth mindset helps teams adapt, innovate, and thrive. Stay open to change, learn from challenges, and foster resilience for a stronger, more agile workplace.

#### Internal resources

- Telus Health offers [Career Counselling and Health Coaching](#)
- [Mental Health @ Work – a recommended learning module](#)
- [Staff and Leader](#) Development

### Week 2: The Power of Belonging

A sense of belonging fosters connection, collaboration, and well-being. Support an inclusive workplace where everyone feels valued, heard, and empowered to thrive.

#### Internal resources

- Check out the new cards and recognize a colleague - [Make Kindness Count](#)
- Living Well @ Western – [Music Coffee House](#)
- October 15, 2025, [United Way Kick-Off Chili Lunch](#)
- October 16, 2025, [Telus Presents: Building Bridges: Collaboration at work – 1 hour - virtual](#)

### Week 3: Physical & Mental Synergy

A healthy mind and body work together for overall well-being. Prioritize movement, mindfulness, and self-care to boost energy, focus, and resilience at work.

#### Internal resources:

- [Living Well @ Western](#) weekly activity, meditation and mindfulness sessions
- October 20, 2025, [Mindful Mondays at the MacIntosh Gallery](#)
- October 21, 2025 [Telus Presents: Nutrition Strategies for Navigating Menopause](#)
- [Identifying and Preventing Burnout](#)
- [Healthy Minds – Psychological Health & Safety](#)

### Week 4: Sustainable Balance





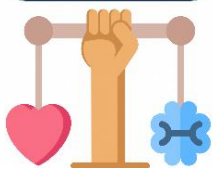















Achieving balance means prioritizing well-being while maintaining productivity. Set boundaries, recharge, and create healthy habits for long-term success at work and beyond.

#### Internal resources:

- [Disconnecting from Work Policy](#)
- [Office Ergonomics @ Work](#) – a recommended learning module
- Telus Health [Work/Life Services](#)

Visit [CHWM Daily Content Resources | Excellence Canada](#) to check out the daily resources available by topic!

Cross off the topics as you are able to complete them! Submit your calendar to [livingwell@uwo.ca](mailto:livingwell@uwo.ca) by November 1, 2025, to be entered into draws for prizes. No minimum number of topics are required to be entered!

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1: A growth mindset	<div>Growth Mindset</div> <div>October 6</div> <div></div>	<div>Agility</div> <div>October 7</div> <div></div>	<div>Adaptability</div> <div>October 8</div> <div></div>	<div>Curiosity</div> <div>October 9</div> <div></div>	<div>Emotional Resilience</div> <div>October 10</div> <div></div>
Week 2: The power of belonging	<div>Gratitude</div> <div>October 13</div> <div></div>	<div>Conflict Resolution</div> <div>October 14</div> <div></div>	<div>Civility &amp; Respect</div> <div>October 15</div> <div></div>	<div>Leading with Empathy</div> <div>October 16</div> <div></div>	<div>Communication for Collaboration</div> <div>October 17</div> <div></div>
Week 3: Physical & Mental Synergy	<div>Rest &amp; Recovery</div> <div>October 20</div> <div></div>	<div>Self-Compassion</div> <div>October 21</div> <div></div>	<div>Psychological Safety</div> <div>October 22</div> <div></div>	<div>Breathe/Mindfulness</div> <div>October 23</div> <div></div>	<div>Burnout</div> <div>October 24</div> <div></div>
Week 4: Sustainable Balance	<div>Achieving &amp; Sustaining Balance</div> <div>October 27</div> <div></div>	<div>Healthy Habits</div> <div>October 28</div> <div></div>	<div>Digital Well-being</div> <div>October 29</div> <div></div>	<div>Focus</div> <div>October 30</div> <div></div>	<div>Time Management</div> <div>October 31</div> <div></div>