

# Healthy Work and Learning Environments

Visit [www.osstfd19.ca](http://www.osstfd19.ca) – Seeking Wellness, for more information, resources, and to provide feedback about workplace wellness at your worksite.

## Next Actions/Steps

### Completed/Ongoing

- ✓ Shared results with all members
- ✓ Shared results with members and the employer
- ✓ Advocated for the implementation of the National Standard to help protect and promote employee wellness
- ✓ Provide tips/strategies/resources for members using social media, email, worksite materials, and APPEEL newsletter articles

### In Progress

- Find/Develop/Share new resources with members to prevent harm and promote health
- \*NEW\* PDSB/Employee Joint Mental Wellness Committee
- Lobby the PDSB to address the Practices/Policies/Procedures that have a direct impact on the Psychosocial Factors identified as concerns in the GM@W survey

## What Can You Do Now?

### ACTIVELY PRACTICE SELF CARE

Refuel  
Recharge  
Reenergize

Mind  
Body  
Spirit



Take your 40 minutes of uninterrupted lunch every day – meet and eat in the staffroom, go for a walk outside with a colleague



**DISCONNECT** from work email after school/Set limits on time spent on work afterhours

Make yourself a **priority** and take steps to avoid burnout/overextending yourself



1-800-663-1142  
TTY: 1-888-384-1152  
International (Call collect): 604-689-1717  
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## Access Supports

Reconnect with **friends and family**



**Reach out and be heard.**  
Have a concern?  
Send your confidential feedback via [www.osstfd19.ca](http://www.osstfd19.ca)