



October is Healthy Workplace Month!

Canada's Healthy Workplace Month (CHWM) is the 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. Below you'll find lots of internal resources and a description of the weekly topics. The Challenge – complete as many of the daily topics, as you can, cross them off on the calendar on page 2, then [submit your completed calendar](#) by November 2, 2026, for entry into draws for prizes and internal wellness rewards!

Week 1: Wellness Designed for You

Take a tailored approach to health and wellness and dive into resources and tools for individuals, families and teams from diverse backgrounds.

Week 2: Building Sustainable Habits

Take time this week to shape your wellness vision, set meaningful goals, and build sustainable habits that will support your long-term health and wellbeing.

Week 3: Your Toolbox for Thriving

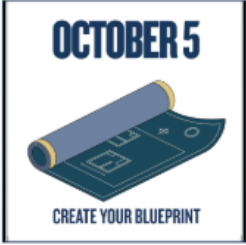
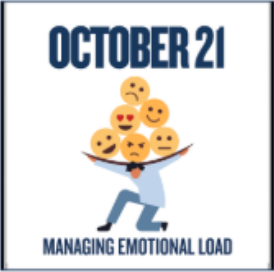
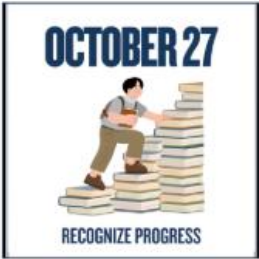
Build skills to overcome challenges like burnout with compassion and explore resources to support your well-being and helping others.

Week 4: Owning your Wellness Roadmap

Wrap up the month with reflection and celebration- track progress, set new goals, celebrate wins, and continue building healthy workplaces and community

Internal resources:

- [Living Well @ Western](#) - weekly activities, meditation and mindfulness sessions
- [Identifying and Preventing Burnout](#) – online learning
- [Healthy Minds – Psychological Health & Safety](#)
- [Disconnecting from Work Policy](#)
- [Ergonomics @ Work](#)
- TELUS Health [Work/Life Services](#)
- TELUS Health [Career Counselling, Health Coaching](#)
- [Mental Health @ Work](#)
- [Staff and Leader Development](#)
- [Make Kindness Count](#)
- [Wellness Resources](#)
- [Mindful Mondays at MacIntosh Gallery](#)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1: Wellness designed for you	Create your blueprint 	Explore men's health 	Engage in women's well-being 	Reflect on 2SLGBTQI+ 	Promote wellness 
Week 2: Building sustainable habits	Practice gratitude 	Prioritize healthy habits 	Communicate effectively 	Clear your mind 	Build confidence 
Week 3: Your toolbox for thriving	Understand your stress 	Re-frame challenges 	Managing emotional load 	Find support systems 	Sustain well-being 
Week 4: Owning your wellness roadmap	Reflect on growth 	Recognize progress 	Recharge & refocus 	Reset energy levels 	Renew commitment to wellness 