

HEALTHY WORKPLACE MONTH

OCTOBER 2024

Finding Calm in the Middle of Your Storm WORKPLACE WELLNESS TIPS

- Pack a lunch that is both nutritious and delicious
- Listen to an audiobook or uplifting podcast on your walk to and from the parking lot
- Add “get up and stretch” breaks into your calendar
- Maintain a clean and organized workspace to help reduce stress and overwhelm in your environment
- Attend a Learning and Professional Development workshop to connect with colleagues and learn something new
- Step outside to enjoy the fresh air, sunshine, and changing leaves during your lunch break
- Engage in mindful activities during your midday breaks including meditation, working on a puzzle, or deep breathing
- Attend a CUFit or HWP lunchtime yoga class
- Set boundaries with your professional responsibilities (ex: no responding to emails during breaks or outside of working hours)



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