



Harassment and bullying prevention

Adopting protective self-care strategies can help if you are experiencing bullying or harassment, both at and outside of work.

Canada Life's *Workplace Strategies for Mental Health** site provides a *Protecting ourselves against bullying* page that includes helpful strategies such as describing perceptions, de-stressing outside of work and focusing on self-care.

Don't forget: February 28th, 2024 is Pink Shirt Day – wear a pink shirt in support of anti-bullying initiatives!