




You are not alone.

Did you know that 51% of Canadians experience high job stress.

- The Working Mind
- Health and Wellbeing in the Workplace

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- Access _____ for classes and registered programs.
 - Take micro-breaks from your computer —



Staying up-to-date and informed is important to our physical health but too much information can have unintended impacts to our mental health.


- Be selective and look for credible, fact-based news sources.
- Set limits around the amount of time you check-in with your sources during the day and limit how long you spend in these spaces.
- Look for positive, inspiring and hopeful news.



in our day can help reduce stress by :

- freeing up cognitive resources
 - overriding rumination and worry
 - focusing on positive, productive pursuits
 - adding to feelings of control
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- Schedule mental and physical breaks throughout the day
 - Create realistic and achievable daily task list(s)
 - Designate, plan and prepare specific self-care activities



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- We're in the same storm on different boats.
 - Try to recognize everyone is going through this moment under varying circumstances.
 - Your own reactions and emotions are okay, as are others.
 - Communicate your comfort level to those you interact with and encourage others to do the same.

Reach out for Support

Support is available for you.

- If stress is impacting your ability to participate or complete daily tasks, or activities, reach out to your community—friends, family, faith, or through counselling or crisis lines.
- Employee and Family Assistance Program
TELUS Health (Formerly Lifeworks) UCalgary
Line: 1.866.424.0699