

Upcoming Awareness

Campaigns 2025:

April:

Sikh Heritage and Stress Awareness Month

- World Health Day (7th)
- Earth Day (22nd)

May:

Asian, Jewish, Polish Heritage Month

- North American Occupational Safety and Health Week (4th–10th)
- National Mental Health Awareness Week (13th–19th)
- National Day Against Homophobia (17th)

June:

Canadian Men's Mental Health Month

- World Environment Day (5th)
- National Indigenous Peoples Day (21st)

July:

National Minority Mental Health Awareness Month

- National Injury Prevention Day (7th)
- International Self-Care Day (24th)

Did you hear the one about the gardener who couldn't wait for spring?

He was so excited, he wet his plants!

Where is the funniest place to visit during spring break?

The mountains because they're hilly-areas.

Occupational Health & Safety

National Occupational Health and Safety Week is coming up in May. This is a week dedicated to raising awareness about the importance of high-quality health and safety standards, but its importance extends beyond the physical environment. Mental health is a key component of occupational health, and OHS Week provides an essential opportunity to address and promote mental well-being in the workplace. The integration of mental health into OHS efforts is vital for creating supportive work environments that prioritize the psychological and emotional well-being of employees.

A key element of OHS Week is the focus on prevention, and this is just as relevant to mental health as it is to physical health. Preventing mental health issues in the workplace involves creating a culture where mental health is taken seriously and where employees feel safe to



speak about their concerns. Training supervisors and managers to recognize signs of stress, anxiety, and other mental health problems in employees is a critical aspect of workplace prevention. When employees feel supported and understood, they are more likely to reach out for help before their issues become more severe.

Moreover, a mentally healthy workplace is one that fosters

a sense of community, respect, and open communication. OHS Week allows employers to emphasize the importance of promoting a positive work environment, where employees are not only concerned with their physical safety but also feel emotionally supported and valued. Creating this kind of environment encourages employees to thrive both personally and professionally. Furthermore, mental health initiatives that reduce stigma around discussing mental health issues create a culture of openness that leads to better employee engagement and overall well-being.

Employers can also use OHS Week to implement specific initiatives aimed at reducing work-related stress. These might include encouraging a work-life balance, promoting flexible working hours, and encouraging breaks during the workday. Providing clear channels of communication, training for managers on how to support employees' mental health, and creating an inclusive, non-judgmental, atmosphere can all contribute to a healthier and more productive workplace.

For more ideas on how to prepare your workplace for National Occupational Health and Safety Week, please don't hesitate to contact us at Walmsley EFAP.

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Mental, Emotional, and Physical Spring Cleaning

Spring is often seen as a time of renewal—a chance to reset and prepare for new beginnings. While many people associate spring cleaning with tidying up their physical spaces, there's immense value in extending this concept to your mental and physical well-being as well. Recognizing the connection between these areas can help you create a sense of harmony and balance in your life. By clearing out what no longer serves you, you can make room for fresh energy, new ideas, and deeper connections.

If you're ready to embrace both mind, body, and living space spring cleaning, here are some actionable steps to get you started:

- **Declutter Your Mind:** Take a few moments each day to reflect on your thoughts. Write down anything repetitive or unhelpful and replace it with supportive affirmations or solutions. A journal can be your best ally in this process.
- **Release Emotional Baggage:** Identify lingering feelings of resentment, guilt, or sadness. Forgiveness, or simply naming these emotions, can help you let go and move forward.
- **Refresh Your Routine:** Add something new to your daily life that excites you—a morning walk, a fresh hobby, or opening your windows to let in sunlight and fresh air.
- **Tidy Your Surroundings:** Physical clutter can drain your energy. Start small, perhaps by cleaning your desk or organising a single drawer, and notice how it impacts your mood.
- **Nourish Your Body:** Spring is a great time to reassess your nutrition. Incorporate seasonal fruits and vegetables into your meals, and don't forget to stay hydrated.

These small but meaningful actions can ripple through every part of your life creating a sense of renewal and revitalization.

Spring cleaning is more than a chore; it's a way to align your inner and outer worlds. For additional support in refreshing your life, consider reaching out to Walmsley. Our counsellors are here to help you explore strategies for personal growth and renewal. Connect with us today to take the next step in your journey.



Bob's spring cleaning almost cost him too much.

Greek Salad

- 1 red pepper, chopped
- ½ red onion, chopped
- 1 yellow pepper, chopped
- 1 orange pepper, chopped
- ½ C Cherry tomatoes, halved
- ½ long English cucumber, chopped
- 1 can medium pitted black olives
- ½ C feta or chevre cheese, crumbled

Dressing:

- 1/3 C vinegar (white or apple)
- Splash of balsamic vinegar
- 1/3 C olive or avocado oil
- 1 tbsp dried oregano
- ½ tbsp dried basil
- ½ tsp dried garlic
- Parsley to taste
- S&P to taste

Directions:

- Prepare and mix veggies & cheese together.
- Whisk dressing together & pour over veggies.
- Stir & let sit for at least 1 hour before serving.
- Serve over a bed of lettuce or as a side dish.

Options:

- Add green pepper.
- Omit olives or tomatoes.
- Use fresh herbs and garlic if desired.

Fun Facts:

Fun Fact: Did you know that birds start singing earlier in the morning during spring? It's called the dawn chorus!

Listening to birdsong is proven to reduce stress and boost your mood—nature's free therapy!

Fun Fact: Bees make about 2 million flower visits to produce just one pound of honey.

A little effort each day adds up to sweet results—think of this next time you're building a new habit!

Fun Fact: Tulips can grow up to an inch taller overnight.

Growth can happen while you rest. Prioritise your sleep—it's your time to recharge!