



TBDHU Workplace Wellness Update for Thunder Bay and District

March 5, 2024

New Workplace Wellness Scorecard

How is your workplace doing with promoting employee wellness?

One of the first steps in developing a workplace wellness program is to assess what is currently happening and where there are gaps. TBDHU has designed a Workplace Wellness Scorecard that aims to support workplace wellness committees do just that. It is a user-friendly checklist that covers a wide range of workplace wellness topics to help identify what the workplace is already doing, what could be improved and possible priorities for the future. Once completed, the employee wellness committee will have key insights that will assist with the next step of developing a workplace wellness plan.

The TBDHU Workplace Wellness Team also offers support to organizations interested in implementing an employee interest survey on workplace wellness initiatives. To request our workplace wellness scorecard, an employee interest survey or to learn more about implementing wellness programming at your workplace, email workplacewellness@tbdhu.com.

March is Nutrition Month

This year's Nutrition Month campaign across the Thunder Bay District is focusing on food insecurity. It's a pervasive and worsening issue of inadequate or insecure access to food due to financial constraints. Later this month, TBDHU will share our new Community Conversations & Action: A Toolkit for Workplaces as an activity for groups of colleagues to engage and mobilize around the issue of food insecurity from a local context. Did we mention there's a potluck involved?

In the meantime, visit [TBDHU.com/nutritionmonth](https://tbdhu.com/nutritionmonth) and follow TBDHU on social media for information, resources, and ideas on how to get involved with the Nutrition Month campaign. Be sure to check out the Nourish Bowl sign-up sheet and the group soups or salads recipe books that make it easy for coworkers to share a meal together.



Prepare for Daylight Savings Time

The switch back to Daylight Savings Time takes place Sunday, March 10th when we “spring ahead” and set our clocks ahead one hour. While the additional daylight in the evening may be welcomed, losing an hour of sleep can disrupt our internal body clock (circadian rhythm) which can then affect mental health, productivity, and overall well-being. When people are fatigued, their reaction time is slower, which may impact safety on the job, on the road and at home. By preparing ahead and prioritizing sleep hygiene, workers can avoid the sudden alteration in their sleep-wake cycle. The Sleep Foundation's article on How to Prepare for the Start of Daylight Savings Time offers helpful tips to ease into this upcoming transition.

Settling into Daylight Savings Time is a good reminder about how important it is to get a consistently good sleep for overall physical and mental health. Visit [TBDHU.com/sleep](https://tbdhu.com/sleep) for information on why we need sleep, how much sleep you need, and how to get to sleep and then stay asleep. TBDHU also offers "Don't miss out on sleep" posters. If you would like some for your workplace, email workplacewellness@tbdhu.com.

Mental Health Hygiene Challenge

Boost mental wellness by joining the Royal Mental Healthy Hygiene Challenge through the month of March. Take 10 minutes every day to engage in simple, research-based activities to boost your mental health. Each of us do small tasks daily to maintain our physical and dental hygiene, like showering and brushing our teeth. This challenge extends the same concept to mental health.

Visit [The Royal Mental Health Hygiene Challenge](#) website to learn more and sign up. Share the idea with coworkers, friends and family.

Upcoming ASIST Courses

The Thunder Bay Branch of the Canadian Mental Health Association will be hosting ASIST - Applied Suicide Intervention Skills Training workshops in 2024.

During this two-day interactive workshop participants will learn how to:

- Recognize invitations for help
- Reach out and offer support
- Review the risk of suicide
- Apply a suicide intervention model
- Link people with community resources

For more details, visit thunderbay.cmha.ca/programs/applied-suicide-intervention-skills-training-asist/

*If you're looking for support to build a healthy workplace program, TBDHU can help!
Our team of workplace wellness experts supports organizations with developing a
Comprehensive Workplace Health Program based on each workplace's unique needs. All services are free!
For more information, visit TBDHU.com/workplaces, call 807-625-5900 or email workplacewellness@tbdhu.com.*