



## TBDHU Workplace Wellness Update for Thunder Bay and District

March 6, 2025

### Nourish to Flourish

March is Nutrition Month and this year's theme is *Nourish to Flourish*. What this means will be slightly different for everyone. It's all about the broad role food plays in our lives, going beyond simply meeting our physical needs. Let's explore the social, cultural and emotional side of food. Food has a powerful way of bringing people and communities together, of making people feel connected to their culture and home, and of bringing joy and comfort.

There are many ways to bring Nutrition Month to life in your workplace. Below are some ideas to help you get started. More information can be found at [TBDHU.com/nutritionmonth](https://TBDHU.com/nutritionmonth). As well, keep an eye on TBDHU's social media throughout March for resources, delicious recipes and a daily nutrition month Wordle challenge! This March (and beyond), get creative about how food can not only nourish, but allow us to flourish as well!

- Host a potluck lunch with co-workers.
- Plan a collaborative lunch where everyone who participates contributes an ingredient to make a delicious soup, salad or nourish bowl. Find a recipe book and sign-up sheets below.
  - [TBDHU: Recipe Books to Share](#)
  - [Nourish Bowl Sign-Up Sheet](#)
- Take a cooking class together.
- Commit to avoiding any [diet talk](#).
- Have a lunch time screening of the Understanding [Our Food Systems Traditional Food Harvest video](#).
- Go out for a team lunch or dinner.
- Grow some edible plants in the windowsills with this [Beginners Guide](#).
- Learn about the [role nutrition has in connection to our mental health](#).
- Do a recipe sharing activity.
- Place [Mealtime Conversation Starters](#) in a break room to start up some engaging and lively table discussions.
- Offer a "make and take" break snack. Things that work well are parfaits (yogurt, fruit & granola), smoothies (banana, yogurt, frozen fruit & milk), mini wrap roll-ups (hummus, vegetables & cheese, or pizza sauce, spinach & cheese), cheesy cucumber crunch (cheese, crackers & cucumber slices), trail mix (nuts, seeds, whole grain cereal, dried fruit).
- Plan a shared charcuterie break. Invite colleagues to bring an item to contribute to a group charcuterie board to share, such as cheeses, crackers, fruits, vegetables, dips, pita triangles, pickles, olives, dried fruits, nuts, jams, spreads, etc.

*\*Remember to consider any potential allergies when planning food activities.*

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## Are You Ready to “Spring Ahead”?

This weekend, we will “spring ahead” by setting our clocks ahead one hour. While many people enjoy the longer evenings, the trade-off is losing an hour of sleep. It is normal for the effects of the daylight savings time change to subside after a few weeks, but in the meantime, here are ways to help workers adjust:

- Remind staff about the upcoming change. Encourage being prepared for it by maintaining a consistent sleep routine and aiming for at least seven hours of sleep. See [TBDHU's Sleep information and tips](#)
- Promote good sleep hygiene. (see [10 Simple Tips for Better Sleep](#))
- Encourage outdoor activities to help regulate circadian rhythms and boost energy, like lunch walks or walking meetings.

These tips are particularly helpful for shift workers with varied schedules. To reduce workplace safety risks, employers can delay more hazardous tasks until later in the week, put extra safety measures and monitors in place, and be flexible with shift start times (especially on Monday, March 10th). It's also important to recognize that the time change can impact employee's mental health. Overall, this is a good reminder for workplace leaders to ensure employees get proper breaks and rest throughout the year to stay alert and safe.

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## Tariff Talk and the Impact on Workers’ Mental Health

The consequences of tariffs and trade tensions are not only economic, they impact mental health as well. Economic uncertainty and job insecurity can certainly increase the risk of anxiety, depression, and substance use. This is an especially important time for organizational leaders to consider the mental health of their workforce. A full suite of resources and links to support employee mental health is found at: [SuperiorMentalWellnessAtWork.com](#).

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*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](https://www.tbdhu.com/workplaces), call 807-625-5900 or email [workplacewellness@tbdhu.com](mailto:workplacewellness@tbdhu.com).*