



Wellness Update - October 2022

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Crisis & Mental Health Links

-  [LifeWorks EFAP: Click Here or Call 1-844-880-9137 - Available 24/7](#)
-  [WellAssist Pilot Program - Employee Self-Referral](#)
-  [BC Crisis Centre: Click here to learn more, or call 1-800-SUICIDE](#)
-  [Community Mental Health Resources - Click to Learn More](#)

October is a busy month! This month, we celebrate Healthy Workplace Month, Custodial Staff Appreciation Day, Teacher Appreciation Day, World Mental Health Day and Disability Employment Awareness Month. In addition to all of these recognitions and celebrations, October also marks the beginning of our 2022 Flu Vaccination Campaign, and the return of the in-person Employee Health Fair on October 21, which is even bigger and better this year! We are also pleased to announce the introduction of Indigenous-specific iCBT from LifeWorks! Keep reading to find out more.

What's New in Wellness?

October Wellness Update Webinar

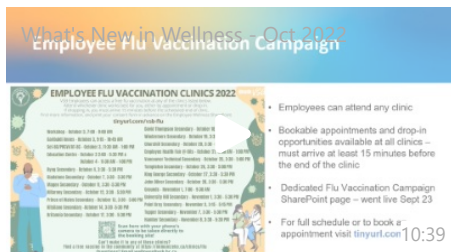


Want to be in the know for everything coming up this school year? Prefer to learn about upcoming programs visually or audibly? View the recorded Wellness Update Webinar.

Each month, Debbie and Ericka from Employee Wellness give a quick tour of everything coming up to support your self-care. **Watch the recording of the October webinar below!**

You can find these recordings here in the monthly newsletter, or on our [Wellness Webinar Recording Page](#).

Have feedback for the wellness team about the webinars or current programming? Get in touch with us at wellness@vsb.bc.ca



Flu Clinics are Operating at All Secondary Schools & Select Non-School Sites October 3 - November 8



While flu vaccinations are freely available in the community this year, you can still get a vaccination at a VSB clinic. Clinics will look a bit different than last year, with less clinics overall, with the option to attend the clinic of your choice, with most clinics hosted outside of instructional time.

Clinics will be offered at all VSB Secondary Schools and select non-school sites. Employees can choose to attend any clinic, regardless of their main worksite.

Vaccinations are free and optional for all VSB employees, and will be available by appointment or drop-in.

The Employee Flu Vaccination SharePoint page has all the information you need to ensure you are protected this flu season, including:

- [Full Schedule of Clinics & Booking Link](#)
- [Frequently Asked Questions](#)
- [Consent Form](#)
- [Vaccine Strain & Side-Effect Information](#)
- [Influenza Fact Sheet & Flu Facts Poster](#)
- [Community Flu Clinic Locator](#)

Learn More & Book Your Appointment!

New Enhanced Service Available Through LifeWorks Launching Sep 30: Indigenous iCBT



Launching September 30: LifeWorks Indigenous iCBT can help with story-based mental health resources developed collaboratively with First Nations and Métis partners to be culturally safe and responsive.

This version of LifeWorks internet-based CBT program combines Indigenous knowledge with cognitive behavioural therapy techniques to support each user's individual path to well-being. iCBT is convenient and self-paced. Access the program's story-based resources through the LifeWorks web portal, where users will be guided through each module by a licensed therapist.

For anyone who may already be receiving mental well-being care through other resources, iCBT is a complementary resource that can provide additional support. Personal information is kept confidential within your iCBT circle of care and never shared outside of it.

This program has been designed specifically for Indigenous employees. [non-Indigenous employees can access iCBT HERE](#).

Access LifeWorks' Indigenous iCBT Here!

Celebrate Healthy Workplace Month this October!

CHWM was set in motion in 2001 with the introduction of Canada's Healthy Workplace Week. The web-based initiatives intent is to build awareness of the importance of healthy workplace health for the short and long-term success of organizations and for the well-being of their employees. The theme for 2022 is **"Together for a Better Workplace"**.



Canada's **he+thyworkplacemonth**
mois+nteautravail au Canada

October 21 Pro-D: Register for the Employee Health Fair at Kitsilano Secondary!



Employee Wellness is excited to announce that following the immense success of the February 2020 Employee Health Fair, we are bringing back this full-day event to Kitsilano Secondary on October 21. We are thrilled to be bringing this event back, and to make it even bigger and better!

This year, we will be hosting Dr. James Makokis, a Canadian Two-Spirit, diversity, Indigenous health and First Nations leader and author, who recently won season 7 of The Amazing Race Canada as our Keynote Speaker, along with experts on vicarious trauma, resilience, finances, 2SLGBTQIA+ perspectives, nutrition, voice technique, and more for a full program of workshops!

In addition to workshops, we have invited local community organizations and District service providers, such as LifeWorks EFAP, LifeSpeak, Pacific Blue Cross, QMUNITY, the BC Crisis Centre, the Canadian Mental Health Association and more to host a Health Fair, where you can connect with these impactful organizations, and have all your questions answered.

Attend a workshop, explore the fair, participate in a movement break, get a flu shot, complete a confidential health assessment and more at this jam-packed event! You can design your day by signing up for as many or as few activities as you like.

Click Here to Register for the Health Fair Today! Seats are filling quickly!

Complete Your Free & Confidential Total Well-Being Assessment on LifeWorks During Healthy Workplace Month!



How is Total Wellbeing Assessment (TWA) calculated?

TWA is calculated after you complete 4 short questionnaires. Each questionnaire corresponds to one of the 4 pillars of total wellbeing and takes less than 5 minutes to complete. After completing the questionnaires, you are given a total health score between 0 and 100. The higher the score, the more optimal your current health.



Under each pillar, TWA provides recommendations for improvement, and encourages you to keep up the good work with things you are already doing right.

The Total Well-Being Assessment Campaign is running from October 1 - October 31, 2022

Want more information? Explore the assessments, and complete your confidential assessment at the October 21 Employee Health Fair!

Best of all, you can get started whenever you are ready, simply by accessing the LifeWorks platform.

You can access LifeWorks on the web platform or app with your VSB login credentials then select "Wellbeing," click on "Assessments," and follow the steps. It's as simple as that!

Download the LifeWorks app and discover how one simple score can help transform your total wellbeing.

vsb.lifeworks.com

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Login to LifeWorks using your VSB login credentials. This is just to confirm VSB employment, everything you access is private and confidential.



October 10 is World Mental Health Day

The theme for World Mental Health Day 2020 is **"Make mental health & well-being for all a global priority"**. We must strengthen mental health care so that the full spectrum of mental health needs is met through a community-based network of accessible, affordable and quality services and supports.

Access community mental health resources here and use World Mental Health Day to share these resources and start conversations about mental health in your home and workplace. **Don't know how to start? Register for The Working Mind on October 21!**

To mark World Mental Health Day, LifeWorks has launched a microsite on the impact of social media on mental health. **Visit this site on October 10 to access exclusive expert content and resources.**

+ Add event

<p>SEP 28</p> <p>Employee Wellness Free Webinar: How to Create a Mindfulness-Based Practice to Support</p> <p>Wed, Sep 28, 12:00 PM</p>	<p>SEP 29</p> <p>Employee Wellness National Day for Truth & Reconciliation Webcast</p> <p>Thu, Sep 29, 10:00 AM</p>	<p>SEP 30</p> <p>Employee Wellness National Day for Truth and Reconciliation</p> <p>Fri, Sep 30, All day</p>	<p>SEP 30</p> <p>Employee Wellness Intergenerational March to Commemorate Orange Shirt Day</p> <p>Fri, Sep 30, 11:00 AM Indian Residential School History and Dialogu...</p>
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October 2:

Custodial Staff Appreciation Day



Our Custodial and Operations staff work hard to keep our worksites clean, safe, and enjoyable for everyone to use. On October 2, join us in saying a great big **THANK YOU** to all of our hard-working custodial and operations employees.

Let National Custodian Day be a reminder to pay more attention to the little details around, the well-stocked bathroom and organized cupboards, and remember someone has done that for you. Their role is diverse and they do so much more than just clean, they also perform building maintenance and fix anything that is broken. Without them, buildings would fall into disarray, people wouldn't be able to do their jobs and students wouldn't have a good, safe, and clean learning environment. They are the oil that keeps the machine running!

How can you recognize and celebrate your site's custodial and operations team on October 2?

October 5:

World Teacher's Day



October 5, 2022 marks the 28th annual World Teacher's Day. Join us in saying a great big **THANK YOU** to all of the teachers across the district. This day commemorates the anniversary of the adoption of the **1966 ILO/UNESCO Recommendation concerning the Status of Teachers**, which sets benchmarks regarding the rights and responsibilities of teachers, and standards for their initial preparation and further education, recruitment, employment, and teaching and learning conditions.

The theme for World Teachers' Day 2022 is "The transformation of education begins with teachers". It is a day to celebrate how teachers are transforming education but also to reflect on the support they need to fully deploy their talent and vocation, and to rethink the way ahead for the profession globally.

How can you recognize and celebrate your site's teaching staff on October 5?

October 11:

World Coming Out Day



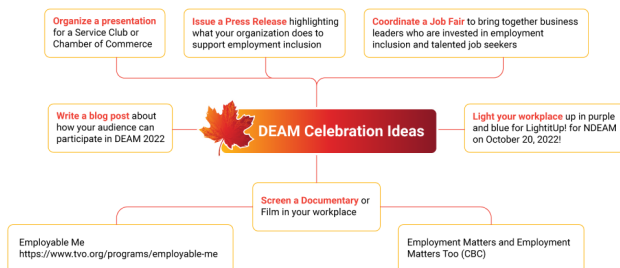
October 11, 2022 marks the 33rd annual National Coming Out Day, and this year, the theme is Born to Shine!

Thirty-three years ago, on the anniversary of the National March on Washington for Lesbian and Gay Rights, the Human Rights Campaign first observed National Coming Out Day.

Coming out is not a one-size-fits-all process, and it looks different for everybody. To help celebrate, we are sharing some tools and resources for coming out, as well as for supporting and being an ally to those who are coming out!

- [Coming Out Loud Campaign from Egale Canada](#)
- [Human Rights Campaign Coming Out Resource Centre](#)
- [Pronoun Resource Guide for Teachers](#)
- [Tips on How to Practice Allyship](#)
- [2SLGBTQIA+ Community Wellness Resources](#)

DISABILITY EMPLOYMENT AWARENESS MONTH



October is Disability Employment Awareness Month

Disability Employment Awareness Month or DEAM was first proclaimed in Canada in 2010. Since then, dedicated employment service providers and community organizations have brought DEAM to life by organizing activities to engage employers, job seekers experiencing disability, and the public to promote the benefits of inclusive hiring.

Despite the considerable efforts that have been made to diversify the Canadian labour force, Statistics Canada reports that in 2017, 3.7 million working-age Canadians identified as having a disability and that only three in five (59%) were employed¹. The COVID-19 pandemic has substantially intensified the situation. Currently, approximately 1 million Canadian job seekers experiencing disability are unemployed or underemployed².

Given current workforce shortages, Canadian employers coast to coast need the skills, education, and experience of this untapped talent resource. What actions can you take to make VSB a more inclusive and supportive workplace for employees with disabilities?

October LifeSpeak Campaign: Understanding & Improving Mental Health

Confused about the relationship between your diet and your mental health? Struggling to practice self-compassion when you're depressed? Still unsure how to own your mornings? We all experience common challenges like these—and overcoming them infuses our lives with meaning and fulfillment.

In the Understanding and Improving Mental Health campaign, LifeSpeak's experts will teach you practical strategies to flourish in many areas of your life, through four weekly themed messages:

1. **Demystifying Mental Health**
2. **The Unique Challenges of Underrepresented Communities**
3. **Seeing & Squashing Stigma**
4. **Building Resilience: The Key to Long-Term Success**

Ultimately, you'll gain the tools to navigate your challenges, so you can enjoy the success you seek in your personal and professional life. With help from our experts, anyone can do it.

All LifeSpeak content is verified and presented by leading experts to ensure accuracy and completeness.



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Sneak Peek of Week 1's Content: Your Gut, Your Brain, and Your Mental Health



[Visit LifeSpeak Today - Subscribe to the LifeSpeak mailing list to get all the campaign emails! —](#)

If you are prompted to login, our organization's access ID is **wellness**.

Recipe Roundup: Cozy & Comforting Fall Recipes

The temperatures are dropping, which means the cravings for warm, spiced flavours start rising! Get all the comfort, with a nice dose of nutrients with these delicious recipes.

- [Fall Sheet Pan Meal Prep from Nicole Osinga, RD](#)
- [Breakfast Baked Acorn Squash with Greek Yogurt, Honey, & Pecans from Monique Volz](#)
- [Butternut Squash Pancakes from Carrie Walder, MS, RD](#)
- [Healthy Baked Pumpkin Doughnuts from Ana Ankeny, RD](#)
- [Savoury Bread Pudding with Veggies from Jess DeGore RD](#)
- [Fresh Apple Smoothie from EA Stewart, RD](#)
- [Caramel Apple Halloween Trail Mix from Chelsea Jackle, RDN](#)
- [Harissa-Roasted Carrot and Bean Dip from Liz Weiss, RDN](#)