

# 7 WAYS TO RECHARGE YOUR BATTERIES



Working together... to promote mental health  
[etrebiendanssatete.ca](http://etrebiendanssatete.ca)

# 7 WAYS TO RECHARGE YOUR BATTERIES

The calendar invites you to organize activities improving mental health in the workplace throughout its annual Mental Health Promotion Campaign, which will take place between May 2017 and April 2018.

## It's your move now!

The results of the study led by **SALVEO**<sup>1</sup>, considered to be the most important research study conducted in Canada on mental health in the workplace, reveal that almost one quarter (24%) of the employees surveyed reported having struggled with high levels of psychological distress. We invite you to take action in advance. Use the calendar as a stepping stone toward wellness:

- Set up a "7 ways to recharge your batteries" committee in your workplace. *The Wellness Committee* may wish to take charge of it.
- Pick the ideas that you prefer or come up with your own. The important thing is to enjoy doing something together.
- Pick a few ideas and fun activities to share with your colleagues every month.
- Send us your suggestions by e-mail to < [biendanssatete@mouvementsmq.ca](mailto:biendanssatete@mouvementsmq.ca) >. We would like to share your best ideas!

<sup>1</sup> Marchand, A.; Blanc, M-E.; Durand, P. (2015). Gender, age, profession, economic sector and mental health in the workplace: The SALVEO study results. *Canadian Journal of Public Health*. 106: e223–e229. DOI: <http://dx.doi.org/10.17269/CJPH.106.4672>

The annual Mental Health Promotion Campaign is launched every year in May, during the *National Mental Health Week*. It aims at promoting, reinforcing and developing good mental health. The campaign is highlighted by several main events, such as the *National Mental Health Week*, *Neighbours Day in the workplace* and the *Health Challenge*.

Mental health is an essential component of our overall health. It represents a *dynamic balance* between the various aspects of our life: social, physical, economic, spiritual, emotional and mental. Mental fitness helps us take action, live up to our potential, cope with day-to-day difficulties and engage in our community. It is influenced by our living conditions, by the dominant values in our society, as well as by our own individual ones.

The Mouvement Santé mentale Québec (MSMQ) is a group of organizations working on prevention and promotion in the field of mental health.

MOUVEMENT  
SANTÉ MENTALE  
QUÉBEC



Promouvoir. Soutenir. Outiller.

a Québec-wide presence, through our provincial office and our regional members :

SMQ – Bas-Saint-Laurent | SMQ – Chaudière-Appalaches | SMQ – Côte-Nord | SMQ – Haut-Richelieu  
SMQ – Lac-Saint-Jean | SMQ – Rive-Sud | SMQ – Pierre-De Saurel | ACSM – Filiale de Québec  
ACSM – Filiale Saguenay | Cap Santé Outaouais | Le Traversier | RAIDDAT

WE WISH TO THANK :

Le ministère  
de la Santé et des  
Services sociaux





# NATIONAL MENTAL HEALTH WEEK

The annual Mental Health Promotion Campaign 2017-2018, featuring the theme "7 ways to recharge your batteries", will be launched during the *National Mental Health Week*.

**CHOOSE AN ACTIVITY TO DO OR COME UP WITH YOUR OWN**



**D-Days**

Start by marking your calendar with the birthdays of your colleagues and special upcoming events in order to celebrate them together.



**One campaign, your ways, your actions, your initiatives**

Organize activities in your workplace. Hang the campaign posters in hallways, coffee areas and offices. Hand out the leaflets "7 ways" to your colleagues, organize a conference, hold an information session, display the ad on your screens, send e-mail messages or discover new ideas on the website [etrebiendanssatete.ca](http://etrebiendanssatete.ca).



## MAY 2017

SUN	MON	TUES	WED	THURS	FRI	SAT
	National Mental Health Week 1 International Workers' Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 National Patriots Day/Victoria Day	23	24	25	26	27
28	29	30	31			



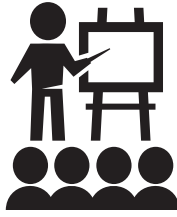
# EXPLORE

Discovering new ways of doing things and being more open to different points of view or ideas will help you overcome obstacles. Having access to learning and developing new skills keep you motivated, make room for innovation, improve efficiency and facilitate work.



### An elevator pitch

Everyone should introduce themselves during a meeting. The presentation shouldn't be longer than an elevator ride!



### Find out more

Your colleagues could give a brief presentation about the last trip they took, or they could organize an after-work workshop on how to repair a bike or even teach everyone what they learned during the last training session they attended, etc.

## CHOOSE AN ACTIVITY TO DO OR COME UP WITH YOUR OWN



### An overview

Set a professional goal and suggest different ways of achieving it while working in teams. Once taken, those choices will be better assumed, as they will be the result of an in-depth decision-making process.



## JUNE 2017

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	Quebec's National Day



# REENERGIZE | FEEL THE MOMENT | FOSTER RELATIONSHIPS | ACCEPT YOURSELF | MAKE CHOICES | EXPLORE | TAKE ACTION

Summertime is a quiet period for some, for others, it's a hectic time of the year. Make the most out of summer to bond with your colleagues, to get to know them better or to come up with new initiatives to strengthen your social network. Pick one or several of the ways above that you would like to try out in your workplace.

## CHOOSE AN ACTIVITY TO DO OR COME UP WITH YOUR OWN



### Upbeat music

Put on upbeat music: salsa, reggae, etc. and crown the most cheerful of your colleagues who gets everyone else in the mood.



### Dare to be tacky!

Celebrate Christmas in July in your own way and have a good laugh about it. For instance, you could organize a decoration contest and nominate the best decorated floor, office or even wall.

### Potluck lunch for two

Take turns preparing your lunch for two in order to share your recipes with your colleagues.



## JULY 2017

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 Canada Day
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					





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FOSTER RELATIONSHIPS | ACCEPT YOURSELF |  
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**Just for laughs**

Organize a joke-telling contest during lunch or coffee break. Laughing is one of the best available remedies: it's easy to acquire, inexpensive and effective against stress. It helps the hypothalamus secrete endorphins, also called the *happiness hormones*.

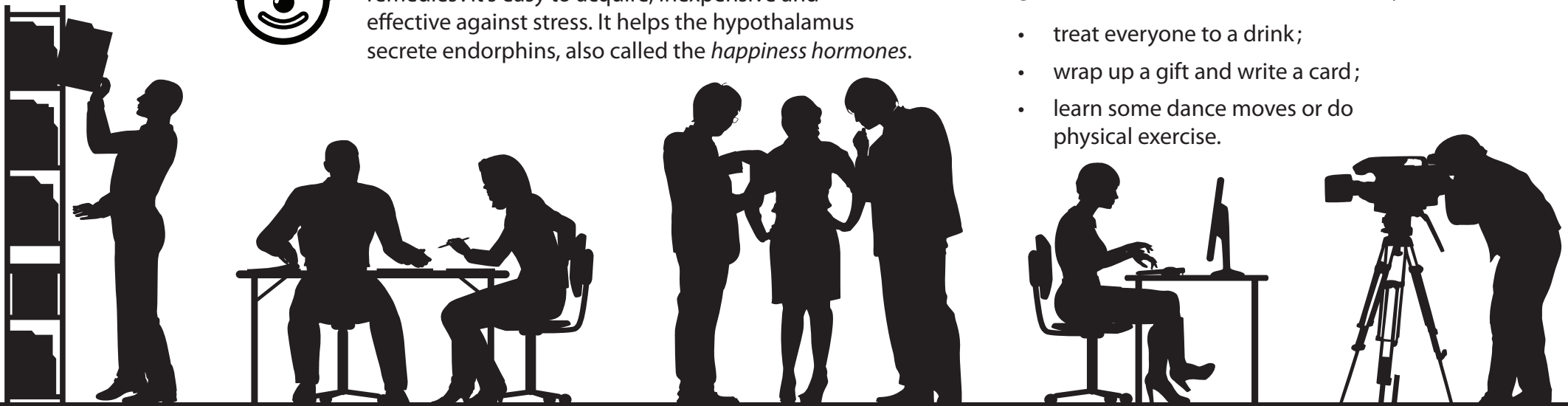
**CHOOSE AN ACTIVITY TO DO OR COME UP WITH YOUR OWN**



**Arms tied**

Ask participants to stand in a circle arm in arm. Assign a task to all participants: they need to work together as a team to achieve a common goal. Some ideas for fun activities to try out :

- treat everyone to a drink;
- wrap up a gift and write a card ;
- learn some dance moves or do physical exercise.



**AUGUST 2017**

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



# FOSTER RELATIONSHIPS

**CHOOSE AN ACTIVITY TO DO OR COME UP WITH YOUR OWN**

Encouraging exchange of ideas, debates and mutual support at work develops stimulating and respectful relationships, a strong social network as well as a sense of belonging. Bonding allows coworkers to find support when they need it and decreases their stress levels.



**Become godfather or godmother**

Becoming godfather or godmother of your colleagues means surrounding them with your kind attention, overseeing their well-being and helping them achieve their individual professional goals.



**Quality time**

Make some time for social and friendly gatherings with your colleagues.

E.g.: having dinner or a beer together after work.



**You, me, us**

By teams of four to six people, draw a list of qualities that all team members have in common. Avoid obvious answers such as: "We all work at the same place". After five minutes of reflection, announce to the other teams the number of similarities that yours found. Revealing them will allow you to bond and develop friendly relationships with colleagues.



## SEPTEMBER 2017

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4 Labour Day	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

# MAKE CHOICES

Defining clear professional goals and potential ways to achieve them, while encouraging initiatives, helps arousing interest, pleasure, motivation and innovation. Taking responsibility for one's choices denotes the desire to learn and to progress.

## CHOOSE AN ACTIVITY TO DO OR COME UP WITH YOUR OWN



### The castaway

Divide the group into teams. Each team has to solve the following brain teaser: if you had to pick five objects to bring with you on a deserted island, which ones would team members agree on unanimously? You have to reach a consensus since all five objects should be agreed upon by all team members. Ask each group to present its choices and to justify them. This activity allows discovering values and strategies of collective problem solving through teamwork.



### One for all, all for one

Choose a promotional object, slogan or quote that represents your team.



### Challenges of the month

Share your professional challenge of the month with your colleagues (e.g.: producing five leather bags, painting the barn, arriving on time). Put up a board so that everyone could hang their post-it on it. Discover who is behind every challenge!



Healthy Workplace Month

## OCTOBER 2017

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
8	9 Thanksgiving	10 World Health Day	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



# NEIGHBOURS DAY IN THE WORKPLACE

The aim of *Neighbours Day in the workplace*: having fun while improving the quality of life at work, strengthening social support and solidarity as well as developing a sense of belonging.



## Let's party

Organize an after-work gathering, a lunch, a coffee break or a *potluck* with your colleagues, your professional partners.

E.g.: neighbouring organizations, producers and agricultural producers of the area, etc.



## CHOOSE AN ACTIVITY TO DO OR COME UP WITH YOUR OWN



## Let's meet

During a meeting, invite participants to draw a card from a box. On each card, they will find a suggestion inviting them to speak with someone... either wearing red, or using a phone, or wearing glasses, etc.



## Coffee break

Many people quit smoking. However, cigarette breaks were never ruled out. Find new areas to have your break or set new traditions: tea break, coffee break, redesigning the kitchen area break, etc.

Visit the website < [fetedesvoisinsautravail.ca](http://fetedesvoisinsautravail.ca) >

Discover posters, advices, presentations, activity ideas, etc.

## NOVEMBER 2017

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3 World Kindness Day	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19 International Men's Day	20	21	22	23	24	25
26	27	28	29	30		

# FEEL THE MOMENT

Paying attention to one's environment, to oneself and to others promotes healthy collaboration, well-being and productivity. Recognizing one's own emotions and sharing them in moderation, while being able to perceive those of others, facilitate decision-making, reduce stress and leave room to new ways of thinking which lead to positive shifts in critical situations.

## CHOOSE AN ACTIVITY TO DO OR COME UP WITH YOUR OWN



### A place for dialogue and sharing

Find time to consider the human dimension in each situation, to comment on interventions made by others, to share, to listen, to tell your stories, to benefit from the difficulties you encountered and to progress. Sharing allows getting rid of emotional burdens.



### Common emotional intelligence

Discuss together the skills you consider important to be able to get out of critical situations. Draw a list of these skills and hang it in the coffee break area.

E. g.: positive attitude, empathy, rephrasing, active listening, humour, respect.



## DECEMBER 2017

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Christmas Day	26	27	28	29	30
31						

# ACCEPT YOURSELF

Acknowledging your skills as well as those of your colleagues and learning from your mistakes will boost your self-confidence. Self-confidence allows establishing positive relationships at work. It facilitates negotiation and conflict resolution, promotes knowledge sharing and ensures a lasting efficient cooperation.



### Talking behind your back

All team members should spend an entire day with a piece of paper hanging on their back. Ask everyone to write a skill or a professional quality on the back of other participants that best describes them.

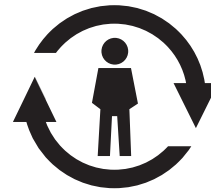


## CHOOSE AN ACTIVITY TO DO OR COME UP WITH YOUR OWN



### Next!

Pick a symbolic item (medal, mascot, flag...) that will be circulated among your colleagues as a token of their individual contribution. For instance, it could be used to acknowledge the patience of the receptionist in dealing with a tough client, the success of your colleagues in achieving a goal they set, the help provided by a member of the production team during peak periods, etc.



### Wait for your turn

Organize a lucky draw at the beginning of a team meeting and give the winners a shout-out for their skills.

## JANUARY 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

# REENERGE

## CHOOSE AN ACTIVITY TO DO OR COME UP WITH YOUR OWN



### Physical time-out

It reduces muscle tension and mental exhaustion.

E. g.: change your posture, do some stretching or breathing exercises at work, take a walk during your lunch break, drink a beverage or eat a light meal, talk to your colleague directly instead of sending an email.



### Social time-out

It helps to develop social ties.

E. g.: take the time to have a break or to eat with your colleagues several times a week.



### Psychological time-out

It has the same benefits as physical time-outs.

E. g.: tease your colleagues and have a good laugh together, talk about something other than work, take a moment to stare at the sky through the window or change your break to pick up the kids earlier from time to time to feel less under pressure.



## FEBRUARY 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			



# HEALTH CHALLENGE

The *Health Challenge* is about making simple gestures to achieve 3 health improvement goals in 6 weeks... and stick to them all year long!

## SIGN UP AND PARTICIPATE IN THE CHALLENGE



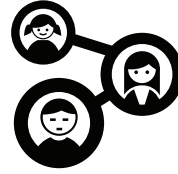
### 3 goals

They consist of healthy habits that improve physical and mental health.

**5 Goal:** eat at least 5 servings of fruits or vegetables per day.

**30 Goal:** exercise at least 30 minutes per day.

**Wellness Goal:** include balance in your lifestyle and try to achieve it every day.



### Gather in teams to participate

Many workplaces have already tried it out!

**1-** In March: promote the challenge by downloading the tools and by ordering its posters and promotional cards.

**2-** During the *Health Challenge*: discover many ideas online to support participants.

**3-** Stay committed to these goals all year long.

Subscribe to regularly check out new ideas, recipes and videos. Motivation to adopt a healthy lifestyle all year long! For more details, please refer to <[DefiSante.ca](http://DefiSante.ca)>.



## MARCH 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4	5	6	7	8 International Women's Day	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30 Good Friday	31



# TAKE ACTION

## CHOOSE AN ACTIVITY TO DO OR COME UP WITH YOUR OWN



### Why do we even do it?

Sometimes, when we feel exhausted, we wonder why we even bother doing what we do. Gather your team and take time to review your professional goals, make sure that everyone feels concerned and learn how they perceive them.

E. g.: for a bus driver, driving people could simply mean transporting them from point A to point B, while for another it could mean helping them get to their doctor's appointment, to visit their families and loved ones, to get to work, etc.



### A gesture that makes a difference

Make a goodwill gesture. Greet your colleagues in a more personal way when arriving at work, or start your e-mails and end them with friendly notes. Spreading good vibes in your workplace will brighten your day.



### A common cause

This year, support a cause to which all your colleagues are committed to. Sharing common values brings us together.



## APRIL 2018

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
Easter	Easter Monday					
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MOUVEMENT  
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Services sociaux

MORNEAU  
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