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| Safety Healthy Wellness.jpg | **Wellness Wednesday****November 18, 2020** |
| Mental.jpg | **Pandemic (COVID-19) Fatigue**We are now in the eighth month of the pandemic and many people are struggling with what is now being called COVID Fatigue or Pandemic Fatigue. This may include symptoms similar to anxiety, indifference and struggling to keep going with pandemic precautions. Check out these [6 ways to overcome COVID Fatigue](https://www.heartandstroke.ca/articles/covid-fatigue-here-are-6-ways-to-overcome-it) from the Heart and Stroke Foundation.**Compassion Fatigue**Along with caring for ourselves, many of us are caring for our children, parents or friends. Compassion fatigue is another challenge facing many people as we navigate this new way of life. To learn some helpful strategies for coping with Compassion Fatigue watch the recorded webinar [here](https://mediasite.centennialcollege.ca/Mediasite/Play/9805de705d1f4143ab472eed837282731d) **Compassionate Resilience**By now we all know that self-care is important for our overall wellness but making time to meditate or cook a healthy meal, sometimes seems out of reach. Not participating in self-care is ok and compassionately allowing ourselves to find our best path each day will help to build our resilience. *“True resilience begins with compassion. Our ability to keep going, to take care of ourselves and others, to think and respond in new ways all begins with self-compassion.”* Read the full article: [Getting through Covid-19 means rethinking resilience](https://wonkhe.com/blogs/getting-through-covid-19-means-rethinking-resilience/?utm_medium=email&utm_campaign=Wonkhe%20Mondays%20-%209%20November&utm_content=Wonkhe%20Mondays%20-%209%20November+CID_2f765c1bd4871b35278cbe05d7c06ac7&utm_source=Email%20marketing%20software&utm_term=Exercising%20compassion%20will%20help%20get%20us%20through%20Covid-19)  |
| Physical.jpg | [**Practicing Safe 6ix**](https://www.toronto.ca/news/practice-safe-six-advertising-campaign/)The City has launched a new city-wide public education campaign targeted at Torontonians between the ages of 18 and 40 who are experiencing COVID-19 fatigue and who may have lost the sense of pandemic urgency. The campaign, called “Practice Safe 6ix,” seeks to remind residents to continue to be vigilant to help stop the spread of COVID-19. Watch the [Campaign Video here](https://www.youtube.com/watch?v=shLBiIvC2WM) **Physical Wellness for the Winter**Heading into the winter season, be sure to stay active and to take care of your physical fitness. Here are some helpful tips from Corby Anderson, Ergonomic Specialist, canderson@centennialcollege.ca**Winter Ergonomics 101:**Here are some key tips to keep you safe shoveling snow this winter: * Avoid bending at the waist – bend with your knees.
* When moving objects (i.e. snow), try and push rather than lift. Your back will love you for it.
* Take breaks. Start slow and continue at a slow pace (Suggestion: shovel for 5 minutes and rest 2 minutes).
* When working outdoors, make sure that you stay hydrated.
* Cover up any exposed skin (wear a hat, gloves, boots) and layer your clothing.
* Prior to going out, stretch first. Removing snow from your driveway is a great workout, so get your body prepared.

 **Introducing AWC Virtually Fit on Instagram Live** - [@awc.ccsai](https://www.instagram.com/awc.ccsai/)We’re all doing our best to stay fit and active during this stressful time. Sometimes, though, the passive online resources and virtual classes may leave us with a lot of questions about what strategies are right for us, or where and how to start.  To help with this we are launching a new weekly fitness livestream and Q&A. Hosted by our AWC Fitness Services coordinator, Joshua Delgado. The stream will be a combination of guest interviews/conversations on fitness and nutrition topics and a live Q&A. We’ll be talking to experts from the Centennial community to shed more light on strategies to be fit at home, healthy food tips, workspace design, and practices that maintain your physical and mental health.  |
| Life.jpg | [**Why Giving is Good for Your Health**](https://health.clevelandclinic.org/why-giving-is-good-for-your-health/)“Biologically, giving can create a “warm glow,” activating regions in the brain associated with pleasure, connection with other people and trust.”(Cleveland Clinic.org, 2020)Many of us have become accustomed to participating in or donating to charitable activities and organizations throughout the year. This year things look a bit different with the limitations on large gatherings, social distancing protocols and for some more limited resources. But giving doesn’t have to put a stress on your health or your bank account. **Ways to Give in 2020**1. [**Random Acts of Kindness**](https://www.dartmouth.edu/wellness/emotional/rakhealthfacts.pdf)

Brighten someone’s day by raking their leaves, shoveling snow or dropping off some baked goods (following COVID-19 guidelines)1. **Food Bank Donations**

Non-perishable food bank donations can be intentionally purchased or come from the surplus in your cupboard. Donating is easy at any firehall in the city of Toronto.1. [**Give Blood**](https://www.blood.ca/en)

As the slogan says “It’s in You to Give.” |