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|  Safety Healthy Wellness.jpg | **Wellness Wednesday****November 4, 2020** |
| Mental.jpg | **Mental Health Webinars** Each week in October, we presented a webinar on important mental health topics including:       [Mental Health Essentials](https://mediasite.centennialcollege.ca/Mediasite/Play/888fefd14f6c44d98a89718e7162adae1d)       [Stress and Anxiety Essentials](https://mediasite.centennialcollege.ca/Mediasite/Play/f5587248e729454b9fb881f30de939651d)       [Compassion Fatigue](https://mediasite.centennialcollege.ca/Mediasite/Play/9805de705d1f4143ab472eed837282731d)       [Isolation and How to be Mindful Working from Home](https://mediasite.centennialcollege.ca/Mediasite/Play/344fb7e589644b46aef21828ad9c12211d)If you missed the live broadcast of these sessions and would like to learn more about mental health, click on the topics above to watch the recorded webinar.**Gratitude** [Giving Thanks can make you Happier](https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier) “In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.” Want to learn more about Gratitude? Read the full article [here](https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier). For a wonderful conversation about gratitude, listen to Simon Sinek’s podcast on [Gratitude](https://simonsinek.com/discover/episode-8-gratitude-with-carolyn-adams/) with “world-renown dancer, pioneer, and teacher” Carolyn Adams. **Mental Health and the Learning Environment**The Centre for Innovation in Campus Mental Health has created a toolkit that “will help faculty and teaching staff take steps within the classroom in a collective effort to support student mental health.” Learn more about supporting student mental health [here](https://campusmentalhealth.ca/toolkits/faculty/).  |
| Physical.jpg | **Nutrition**Heading into the winter months amidst a pandemic can seem a little daunting for many reasons. Maintaining our health is more important this year than ever and good nutrition can help with physical and mental health. Five healthy eating tips for mind and body1. Portion control
2. Stay away from processed foods
3. Drink lots of water (2-3 litres per day)
4. Choose plant-based proteins often
5. Limit your sugar

**Vitamins and Minerals – what are they good for?**Here are some common nutrient deficiencies and some interesting facts.1. Iron – needed for growth and development
2. Iodine – essential for normal thyroid function
3. Vitamin D – produced with sunlight (keeps bones, muscles healthy)
4. Vitamin B12 – common with vegetarian or vegan diets
5. Calcium – essential for every cell in your body
6. Vitamin A – produces eye pigment necessary for vision
7. Magnesium – regulates blood sugar (beneficial in type-2 diabetes)

Nutrient deficiencies can affect both our physical and mental health. Learn more about these [7 Nutrient Deficiencies](https://www.healthline.com/nutrition/7-common-nutrient-deficiencies) and how to correct them.  |
| Life.jpg | **Veterans Week November 5-11**  Gratitude as noted above can help with positive emotions and each year we show our gratitude for our veterans on Remembrance Day. Show your gratitude and improve your emotional wellbeing during veteran’s week. Every year on November 11, Canadians pause in a moment of silence to honour and remember the men and women who have served, and continue to serve Canada during times of war, conflict and peace. We remember the more than 2,300,000 Canadians who have served throughout our nation’s history and the more than 118,000 who made the ultimate sacrifice.  Poppy.jpg   |
| Work.jpg | **Fall Prevention Month**November is Fall Prevention Month and although most of us are working at home, we still need to be aware of our surroundings and watch out for tripping hazards in and around our homes. **Resilience in the Workplace** Do you feel ready to face today’s challenges? Are you overwhelmed in today’s work climate? Resilience is the process of adapting well in the face of adversity or significant stress. Throughout the month of November, we will focus on the importance of Resilience and look at ways to build personal resilience at work and at home. Look for upcoming Resilience Workshops and check out the resources below to get started building your personal resilience. [What is Resilience?](https://positivepsychology.com/what-is-resilience/)[Bounce Back Ontario](https://bouncebackontario.ca/)[R2MR (Road to Mental Readiness](https://apps.apple.com/ca/app/r2mr/id1148743063))  |