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| Safety Healthy Wellness.jpg | **Wellness Wednesday**  **January 13, 2021** |
| Mental.jpg | If improving your mental health is your New Year’s Resolution, Sunlife has created a list of [5 Mental Health Tips for a Happier 2021](https://www.sunlife.ca/en/tools-and-resources/health-and-wellness/mental-wellness/5-new-years-resolutions-to-improve-your-mental-health/).   The term “New Year’s Resolution” can be daunting to some and add additional stress to an already stressful world. Instead of creating expectations or setting goals for ourselves, we can set an intention to prioritize our mental health. Read more from Tony Robins on [Why he doesn’t make New Year’s resolutions](https://www.modernwellnessguide.com/new-years-resolution/tony-robbins-explains-why-he-doesnt-make-new-years-resolutions/).  [**Headspace on Netflix**](https://youtu.be/H77PL7SlI1M)  Meditation is a tool used for stress reduction, building resilience and maintaining mental health. To learn about meditation and how to get started, check out the Headspace series on Netflix or try the [Headspace App](https://www.headspace.com/subscriptions).    **Upcoming Webinar**  **Topic:  The Path to Inner Peace**  **Date:   Friday January 29, 2021**  **Time:   1:00-2:00pm**  **Register for this webinar using this link:**[**The Path to Inner Peace**](https://morneaushepell.zoom.us/webinar/register/WN_YWwFRkslSQO0pD8mQMVZbg)  Would you like to walk the path to inner peace? Do you find it difficult to feel content or satisfied? Are negative emotions including guilt, resentment, or excessive worries getting in the way? This seminar helps you to identify common barriers to inner peace, and best practice tips to help you achieve your goal of greater inner peace.    During this seminar we will:         Identify common barriers to inner peace         Discuss best practice strategies that create inner peace including meditation, acts of compassion, letting go of anger, and positive self-talk |
| Physical.jpg | **Tips to Stay Active in 2021**  1.     Add mini workouts to your day – take a 1-minute break from work and run on the spot, do a couple sets of squats or 20 push-ups  2.     Use everyday items to enhance your workout – soup cans are great weights, a towel roll doubles as a yoga block and climbing stairs is great cardio. For more home workout tips check out these [10 Every Day Items You Can](https://www.verywellfit.com/everyday-items-workout-use-85820) Use to Work Out  3.     Something is better than nothing. Try a quick online video or download the [7-minute Workout](https://7minuteworkout.jnj.com/)app and get started with just 7 minutes a day.  4.     Use the Buddy System. We are more likely to follow through with good intentions when we are held accountable. Scheduling workouts (online) or outdoor activities such as walking, snowshoeing or skiing with a friend will help to keep you on track. |