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| Safety Healthy Wellness.jpg | **Wellness Wednesday**  **January 27, 2021** |
| Mental.jpg | Bell Let's Talk.png  Thursday, January 28 is Bell Let’s Talk Day. “With COVID-19 affecting every aspect of our lives, Canadians are feeling the impact of the pandemic on their mental health. Small actions from recognizing stressors, to being there for a loved one can help support mental health and strengthen our communities during this difficult time.” On Bell Let’s Talk Day, Bell will donate 5¢ to mental health initiatives for every applicable text, call, tweet or TikTok video using #BellLetsTalk, social media video view and use of the Bell Let’s Talk Facebook frame or Snapchat filter.  [**Bell Let’s Talk Panel Discussion**](https://centennialcollege.zoom.us/webinar/register/WN_mQLMwV6hSYSVTSJog1bvaQ)  Thursday, January 28 at 11:30 am to 12:30 pm  The Centennial College Student Association and several Centennial College departments have partnered to organize a Bell Let’s Talk Panel Discussion on mental health, wellness and stigma.  **Upcoming Webinar**  **Topic:**[**The Path to Inner Peace**](https://morneaushepell.zoom.us/webinar/register/WN_YWwFRkslSQO0pD8mQMVZbg)  **Date:   Friday, January 29**  **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)  Description: Would you like to walk the path to inner peace? 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 strategies including meditation, acts of compassion, letting go of anger, and positive self-talk.  **Heart Health**  February is Heart Health Month and when we look at heart health, it is important to consider the impact of both our physical activity as well as our emotional health on our cardiovascular system.    *“Taking care of your mental health and wellness is an important part of prevention and management of cardiac health.”*   Read more from Fraser Health on [Mental Wellness for your Heart](https://www.fraserhealth.ca/health-topics-a-to-z/heart-health/preventing-heart-disease/mental-wellness-for-your-heart#.YBAp_WRKidZ)  **Meditation Mondays**  Are you interested in learning more about meditation and how you can use it as a stress reduction tool? Your Safety Health and Wellness team is bringing you Meditation Mondays beginning Monday, February 1, and running for 8 weeks. Join our [Zoom meeting](https://centennialcollegeedu-my.sharepoint.com/:w:/g/personal/sferguesonwaugh_centennialcollege_ca/EV23R4aiJdVGqpjggYnqHzcBdq1Lk5Rg_sutz3ChsfXDVw?e=cIeHGY) at 1:00 pm every Monday for a short talk and guided meditation. Invite your colleagues to join as well!  [Meditation Monday](https://centennialcollegeedu-my.sharepoint.com/:w:/g/personal/sferguesonwaugh_centennialcollege_ca/EV23R4aiJdVGqpjggYnqHzcBdq1Lk5Rg_sutz3ChsfXDVw?e=cIeHGY)  Start Date: February 1  Duration: 8 weeks  Time: 1:00-1:30pm |
| Life.jpg | **Creating a Coping Toolbox**  With the extension of at-home learning, many parents are struggling with working from home while also managing their family needs. Mental health challenges are of particular concern to many people these days, and the creation of a Coping Toolbox is an activity that could benefit both parents and children. Read more about creating your own [Coping Toolbox here](https://www.usatoday.com/story/tech/reviewedcom/2021/01/19/how-create-coping-toolbox-help-anxiety-according-doctors/4210418001/). |