

Taking care of your physical health

Mental and physical health go hand in hand. In times of increased stress and uncertainty, it is easy to lose sight of good habits and feel stuck. Taking small steps towards taking care of your physical health will help you feel more energized and motivated to face challenges and increase your resilience.

Don't delay, make caring for your physical health a priority and a part of your daily routine!

Taking care of your physical health doesn't have to be a daunting prospect - here are a couple of tips to get you started:

Move

Moving will improve your circulation and strength. As an added bonus it will help re-energize you for that afternoon meeting. Try taking a brisk 20-minute walk at lunch and see what a difference it makes. "Physical fitness is the first requisite of happiness"- Joseph Pilates.

[An update on the City's Active Living Club](#)

The Active Living Club (ALC) team is working on a reopening plan for all 17 ALC sites across the city. Payroll deductions have been suspended since ALC facilities originally closed in March.

Deskercise

Take a short break to do some gentle stretches at your desk or try trading in your chair for an exercise ball. There are dozens of exercises you can do at your desk, including some simple yoga poses and squats.

Eat healthy snacks

Keeping tasty, yet healthy snacks like nuts, granola bars and fresh fruit around can help keep you full and squash the temptation of fast foods.

Connect

Maintaining close relationships and enjoying regular social interaction has been shown to reduce stress and improve mental health. Have a Teams chat with a co-worker over coffee and stay in touch with family and friends through email or text. Take your connection goals up one notch to get the best of both worlds by including a physical activity. Why not plan a physically distanced walk or bike ride to catch up with a friend?

Take regular breaks

We often focus on getting a project done at any cost but aren't aware of the negative impact this can have on our health until our stress levels start affecting our mood.

Take vacation

Ongoing stress can impair our immune system and increase our risks of developing physical and mental illnesses. Vacation helps get our minds off work and recharge our batteries in a healthy

way. Relationships are essential to good physical and mental health, and vacation time can give us that time to reconnect with partners, family members and friends.

[Looking for more resources](#)

LifeSpeak's ["Be the CEO of Your Health"](#) campaign includes articles and videos on how to take charge of the different aspects of your physical health.

In addition, they host a variety of videos that cover topics such as: [body positivity](#), [better sleep for better health](#) and [eating for optimal health](#). They also offer [extra tips](#) on how to cultivate healthy exercise and fitness habits.

Morneau Shepell also offer a variety of great services to help you on your physical health journey. To access the following services explore [Morneau Shepell's](#) website or call 1-844-880-9142, TTY: 1-877-338-0275.

- **Health coaching:** Morneau Shepell's health coaches are Registered Nurses and Occupational Health Nurses who offer practical, personalized support for physical health issues such as: diabetes, high blood pressure, high cholesterol, migraines, asthma, allergies, PMS, menopause and andropause.
- **Naturopathic services:** Naturopathic medicine provides a natural and holistic approach to the maintenance of good health where the individual is seen as a whole person (physical, mental and emotional aspects) and where symptoms of disease are considered warning signs of the improper functioning of body and lifestyle habit.
- **Nutrition support:** Maintaining a healthy, well-balanced diet can be a challenge with a hectic schedule and when faced with multiple personal and family demands. The nutrition program is provided by Registered Dietitians who promote disease prevention and management through diet.

As the COVID-19 pandemic continues, you, or members of your family may find that you need more support. Access support through the Employee and Family Assistance Program (EFAP) 24/7 by phone: 1-844-880-9142, TTY: 1-877-338-0275, the My EAP app (available through Apple, Android & BlackBerry app stores) or at [workhealthlife.com](#). If you need crisis support, call the number above and request urgent services. You can access more Wellness resources on the [NEW Wellness SharePoint Site](#).