



Health & Wellness Resource List

Topic	Source
Bell Let's Talk Covid-19 Tips (Website)	https://letstalk.bell.ca/en/covid-19
Mini-Guide to Help Employees' Mental Health during Winter	https://www.mentalhealthcommission.ca/English/media/4420
Canadian Mental Health Association Workplace Programs (Website)	https://cmha.ca/programs-services/workplace-mental-health https://www.notmyselftoday.ca/
Workplace Strategies for Mental Health (Website): Resources for organizations, people leaders, and employees complimentary of Canada Life.	https://www.workplacestrategiesformentalhealth.com/
BounceBack: A free program from the Canadian Mental Health Association (CMHA) that helps you build skills to improve your mental health. (Website)	https://bounceback.cmha.ca/
A Guide to Starting a Workplace Wellness Program (Website)	www.healthywork.ca/getting-started/steps-starting-wellness-program/
Free online course to learn about health and wellness strategies (E-learning)	https://www.ccohs.ca/products/courses/mh_wellness/ More courses can be found at https://www.ccohs.ca/products/courses/course_listing.html
Mental health infographics	https://worksmartlivesmart.com/mental-health-infographics/
Mindfulness (Free App)	https://www.smilingmind.com.au/smiling-mind-app
Daily Wellness: A mindful mix of music & podcasts (Spotify mix)	https://newsroom.spotify.com/2020-04-27/daily-wellness-a-new-mix-of-motivational-podcasts-and-personalized-music/
How to work from home (Article)	https://www.nytimes.com/2020/03/12/smarter-living/how-to-work-from-home-if-youve-never-done-it-before.html
When Toxic Positivity occurs at the Workplace (Article)	https://www.fastcompany.com/90593972/theres-a-dark-side-to-looking-on-the-bright-side-heres-a-healthier-antidote
ParticipACTION: Better living through physical activity (Website)	https://www.participaction.com/en-ca/programs/get-started
Official 7 Minute Workout from Johnson & Johnson (Free App)	https://www.7minuteworkout.jnj.com/
Help for times of crisis and suicide prevention (Website)	https://www.crisisservicescanada.ca/en/