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Health Promotion & WorkLife Services *newsletter*

YOUR BI-MONTHLY UPDATE FOR THE MONTHS OF SEPTEMBER AND OCTOBER

Recognition Awards

The Support Staff Recognition Award and the Achievement Award for APOs, FSOs and Librarians are open for nominations until September 30.

Designed to recognize individuals who demonstrate an energetic commitment to the continued success of the University of Alberta, faculty and staff are encouraged to nominate their colleagues for these awards.

Nominees for either of these awards must be employed for 12 consecutive months, on either a full-time or part-time basis.

They must be nominated by two University staff members and meet the Fundamental Criteria for their particular award category. Candidates are recommended to the Vice-President (Finance and Administration) by the selection committee and formally recognized for their contributions at the Celebration of Service in November.

Please visit the [Recognition Programs](#) webpage to learn more about these awards and other University-wide recognition initiatives.



HEROES FOR HEALTH

Are you passionate about making our campus a healthier place? If so, you are encouraged to register for University Wellness Services' [Heroes for Health](#) as either a team or an individual. Individual registrants will be grouped with others who have registered on their own.

Heroes for Health is an annual campus challenge, engaging staff and students to work in teams to propose ideas for a healthier campus in three areas: healthy eating, physical activity, and mental health.

The challenge culminates in a healthy campus symposium on November 17, 2012—a unique networking event that showcases the proposed ideas of all participating teams. Two winning teams will be announced at the event. Through the support of Health Promotion and WorkLife Services and Recreation Services, each team will receive \$5000 to implement its ideas on campus.

Registration for Heroes for Health closes on September 28 and teams must submit their proposals by November 2. Visit the [Heroes for Health](#) webpage to learn more about this exciting opportunity!



Financial Stress? Get Help!

Your Employee and Family Assistance Program is more than simple counselling!

Money on Your Mind?

With markets in flux and the cost of living rising, it is no wonder that many of us will experience financially related stress. How do you deal with it? The first step is to arm yourself with knowledge about your current financial situation and behaviours.

Take Control of Your Money

If you don't know the basics of money management, or if you think you could use a refresher, consider registering for the Take Control of Your Money e-course through your Employee and Family Assistance Program provider, Homewood Human Solutions.

The course focuses on the reasons why it is important to actively

manage your money. Participants will look at the hidden costs of living beyond their means and explore how to create a budget and a saving/spending plan. They will also discover small changes that can help them keep more of the money they earn.

Of course, when you are part of couple or a family unit, your money isn't just your concern. A section of this e-course will look at the common money issues that can create conflict within relationships and how to avoid them.

Additional features of Take Control of Your Money include self-guided workbooks for completion offline, resources for continued learning, and a course certificate that can be printed off upon successful completion of a quiz.

For free, confidential registration in this or other courses, please visit the [Member Services](#) section of Homewood Human Solutions' website.

Get One-on-One Advice

University faculty and staff are also eligible for one-on-one financial consultations through the Employee and Family Assistance Program. If you're interested in getting help above and beyond the content of the e-course, call 780-428-7587 to set up an appointment to speak with a financial expert.

Financial consultations can help you develop a budget, create strategies to increase your financial health, look at debt resolution options, and work through your credit score and find ways to improve it.

HEALTH KITS

Body Image & Eating Disorders



If you or a loved one are struggling with disordered eating, you may be interested in HPAWS' Body Image and Eating Disorders kit. It includes a resource list with area supports and information on disordered eating and improving body image. Supplementary materials specific to males are also available upon request.

Please note, this item is intended for staff. To request a kit, please email hpaws@ualberta.ca. All requests are confidential. Materials will be sent labeled Personal and Confidential to the address of your choice. Alternately, you may arrange to pick up your kit from our office.

FALL SEMESTER WORKSHOPS

Health Promotion and WorkLife Services is pleased to offer two upcoming workshops for those in managerial and leadership roles:

Creating a Psychologically Safe Workplace is scheduled for Tuesday, October 2. Marking Mental Illness Awareness Week, this workshop will allow participants to explore the twelve factors of a psychologically safe workplace and how each factor impacts the work environment. The session will also explore how each member of our campus community plays a role in ensuring a psychologically safe workplace.

Offered jointly with the Office of Safe Disclosure and Human Rights, **Civility and Respect...A Workplace Norm** will take place on Wednesday, October 24. Participants will gain an understanding of the importance of tolerance in healthy workplaces and explore the link between respectful behaviour, individual well-being, and productivity. The workshop will develop awareness around your role as a leader, in creating and maintaining an environment where respect, grace, tolerance and civility is the expected norm.

Please visit the [Learning Shop](#) to register for these events. To confirm your seat, you must also submit a deposit of \$25 by way of an indent to HPAWS (hpaws@ualberta.ca). *The charge will only be processed in the event you fail to attend, or if you process a course drop on the day before the event or later.*

FLU CLINICS

Flu season will soon be upon us. Faculty, staff and students are encouraged to mark their calendars for the annual campus-wide Flu Immunization Clinic. Immunizations will be offered free of charge from November 6-9. Stay tuned to the [UWell](#) website for updates on times and location.



HPaWS

Health Promotion and
WorkLife Services

www.virtualwellness.ualberta.ca