

Weekly Wellness Communication

04/08/2020



Finding a Balance

Working from home may introduce many stressors and challenges, even if we have done it before. It is important to develop strategies to help us remain physically and mentally healthy and be productive during these unexpected times. An important way to accomplish this and be successful when working from home is to maintain a healthy work-life balance.

Family

If you find it difficult to manage your family and work at home, let your direct supervisor know and you can work on a strategy to organize your time more effectively. Maybe this involves a flexible work schedule, or a mutual understanding that your meetings may be interrupted by a family member. Find a routine that works for you!

Stress

Managing stress at home may be accomplished by following a strict schedule. This means taking normal breaks, eating regular meals, exercising, and maintaining a steady sleep schedule. It may also be beneficial to place a picture of someone meaningful to you or a soothing candle near your workspace!

Stay Connected

Even through social distancing, we must stay connected with others now more than ever. Message a co-worker via Google Chat to check up on them! Download "House Party" on your mobile App Store and have a virtual gathering with friends! Find something larger than yourself, and look to community resources to stay connected!

PRO TIP

Algoma University offers an Employee Assistance Program through LifeBalance, that provides 24/7 counseling on both personal and work-related topics – completely confidential!

Website | Username: **auceap | Password: **english****

We need to do a better job at putting ourselves higher on our own "to-do" list.

Michelle Obama, former U.S. First Lady

Recipe of the Week

Maple Baked Sweet Potatoes

Try this at home, take a picture, and send to hr@algomau.ca for a feature!

Ingredients

- 8 cups sweet potatoes or yams, washed
- 1/3 cup pure maple syrup
- 2 tbsp butter
- 3/4 tsp cinnamon
- 1 tsp sea salt

Steps

- Preheat oven to 400 degrees Fahrenheit
- Slice sweet potatoes and spread on a baking tray in a single layer
- Melt the butter and combine with maple syrup, cinnamon, and sea salt
- Pour this mixture over the sweet potatoes and mix until evenly coated
- Cover the tray with foil and bake for 40-45 minutes, turning every 15 minutes

[LINK to recipe](#)



Weekly Calendar

Five activities to try at home for each day of the week!

WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY
Stimulate your brain with Sudoku! LINK	Build strength and flexibility with this 30-minute power yoga session! LINK	Join Virtual Tea Time! Details HERE . Here's a great recipe !	Activate your core with this intense workout! LINK	Warm weather calls for a deep clean of your vehicle! Helpful TIPS



Dedicate this weekend to re-energizing! Here are some tips to help:

1. **Unplug.** Shut off your phone, close your laptop, and enjoy the moment.
2. **Exercise.** A great way to boost your mood, relieve stress, and pump endorphins through your body.
3. **Self-care.** It's time to treat yourself!
4. **Sleep.** Try go to bed one hour earlier, and avoid electronics during this time.
5. **Do something you love.** Painting? Creative writing? Photography? Dedicate time to your hobbies and passions!

Quick Links

[Algoma University COVID-19 Updates](#)

[Government of Canada](#)

[World Health Organization](#)

Meet Our New Furry Co-Workers!



Note: Refrain yourself to only 15 minutes of COVID-19 related information per day. Stay informed, but keep your



Employee Feature

With the line between professional and personal life being so blurred these days, it has certainly presented challenges in balancing work and family time. The pivotal moment in my "working from home" strategy came as I was meeting with colleagues online, while at the same time my daughters were trying to add pink and purple highlights to my hair. I remember looking at my wife who is also working from home and saying "we need a plan". We agreed that we would try to set up our work schedule for one of us to be dedicated solely to our daughters. Our new approach stretched out our work day but also provided the flexibility and balance to meet the needs of our little ladies and also our professional responsibilities.

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