

Weekly Wellness Communication

05/13/2020



Adaptability

After over a month of working from home, employees may still find difficulty adapting to their new workspace. Some employees have been seconded to new positions to support other departments, which is a significant change to their duties and responsibilities. All experiences that we embrace during this time requires a significant level of adaptability. If these adjustments have been challenging for you, here are some tips to help:

Have a Plan

It takes time to orient yourself and figure out what needs to get done each day. Having a plan allows you to prioritize your tasks properly and ensure you are spending your time on tasks that must get done. When working from home, our departments may be operating differently, we may be taking on different duties/responsibilities, and we may be helping co-workers more with their projects. Having a plan allows us to be more strategic with coordinating our time, energy, and focus! Just remember, if you don't tackle your full to-do list, that's OK!

Anticipate Distractions

When working from home, distractions are inevitable! Often, meetings will have background noises from dogs barking, children playing, or the microwave beeping. It is important for all parties to anticipate and accept distractions as they occur and remember that we will overcome these times through mutual support for each other! If you are finding distractions in controllable things, such as the television or your comfy bed, try to find a separate office space from your home, and as stated above, have a plan! Set goals of what you want to accomplish for the day and stay focused!

Ask for Help!

If you are having difficulty adjusting to this new normal, ask for help! You can accomplish so much by simply reaching out to your direct supervisor and co-workers for support. For example, you can discuss your to-do list with your direct manager to determine priorities and set a game-plan for execution. Another idea is to schedule a "Talk it Out" session with the employees in your department to simply discuss what you're working on, work through challenges, collaborate on different ideas, and give valuable words of support. You may also find that speaking to others will enhance motivation!!

"Challenges are gifts that force us to search for a new centre of gravity. Don't fight them. Just find a new way to stand."

Oprah Winfrey

Recipe of the Week

Classic Greek Salad

Ingredients

Vegetables:

- 1 cucumber, chopped into ¼ inch slices
- 1 red pepper, diced
- 1 yellow pepper, diced
- 1-pint cherry or grape tomatoes, halved
- ½ red onion, sliced in half rounds
- ½ pound feta cheese, diced
- ½ cup calamata olives, pitted

Vinaigrette:

- 2 gloves garlic, minced
- 1 tsp. dried oregano
- 1 tsp. Dijon mustard
- ¼ cup red wine vinegar
- 1 tsp. kosher salt
- ½ tsp. black pepper
- ½ cup olive oil

Steps

- Combine cucumber, peppers, tomatoes and onion in a bowl.
- Whisk together garlic, oregano, mustard, vinegar, salt and pepper in a small bowl. Still whisking, slowly add the olive oil to make an emulsion.
- Pour the vinaigrette over the vegetables. Add the feta and olives and toss lightly.
- Set aside for 30 minutes to allow the flavors to blend.

[LINK to recipe](#)



Weekly Calendar

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

WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY
Decorate the yard and garden with painted rocks! Instructions here .	Grow vegetable seeds indoors! Instructions here .	Schedule a virtual lunch date with your department! No work talk!	Make a homemade birdfeeder! Instructions here .	Make homemade granola with this recipe by Land of Lilies!

Meme of the Week



Quick Links

[Algoma University COVID-19 Updates](#)

[Government of Canada](#)

[World Health Organization](#)



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

Employee Feature



Frida & Holly

The end of a semester always brings a series of mixed joys for me. This year has been different and not so different. I have especially missed being able to interact with students in person. Our Sociology fourth year thesis students gave their presentations via google hangouts and as I always do, I feel a sense of completion and pride as I watch them take on “being sociologists”. The end of the semester is still the end of semester with all its attendant stressors, but my office mates have changed. Now I sit at the dining room table across from my partner as we both work from home and try to figure out this new world. Our dogs have never been so happy as we are here all of the time ready to pet them and throw balls and be here with them. I am still amazed at the world, at the way so many of our students and my peers have embraced this new normal and shown great signs of compassion and understanding. I am also hopeful that this time will bring about a revolution of ideas and values, where we realize that essential workers are the everyday people we have so often taken for granted and that at any moment the world can shift and we can be something different.

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