

# COVID-19 Wellness Calendar



## January 2021

MON	TUE	WED	THU	FRI	SAT	SUN
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For this month's theme, we have provided you with a short TED Talk video called "Try Something New for 30 days" by Matt Cutts. This short talk offers creative ways to think about setting and achieving goals. You can access the video here:

- [Try Something New for 30 Days](#)

In addition to the video, we also have the following resources available for you:

- [7 Tips to Kick-Start Healthy Eating Habits After the Holidays](#)
- [Break Those Bad Habits](#)
- [How to Make \(and Keep\) a New Year's Resolution](#)
- [Make a Cyber Safe Resolution](#)

This year, we challenge you to participate in National Clean off Your Desk Day on Monday, January 11th. Check out the article below for guidance on cleaning your desk and to learn the benefits associated with tidying up your personal space. For those who do not work in an office environment, these cleaning tips can be applied to cleaning a personal space in your home or even your vehicle. We hope you participate and clear your path (literally) to a clearer mind.

- [The Mental Health Benefits of "Tidying up"](#)

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider:

### Workplace Options EFAP

(Canada)

- Call 1-877-847-4525
- Email [support@resourcesforyourlife.com](mailto:support@resourcesforyourlife.com)
- Visit <http://ca.resourcesforyourlife.com>
- COMPANY CODE: BMWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play PASSCODE: 149301

### AlternativesEAP

(United States)

- Call 1-800-466-8282
- Access Code 8282
- Visit [www.AlternativesEAP.com](http://www.AlternativesEAP.com)
- Download the 'Alternative EAP' app from the App Store or Google Play

### Contact your Regional HR Partner for more support.

Black & McDonald has launched a **new COVID-19 website**, <https://blackandmcdonaldhealth.com> for our employees.

Please visit the website for up-to-date information on COVID-19, all staff messages from our CEOs, and variety of resources to support the health and wellbeing of our employees.

Lean more about this theme [here](#).