

# COVID-19 Wellness Calendar



## July 2020

MON	TUE	WED	THU	FRI	SAT	SUN
29	30	1	2	3	4	5
Resilience						
6	7	8	9	10	11	12
Resilience						
13	14	15	16	17	18	19
Physical Activity, a Pathway to Mental Health						
20	21	22	23	24	25	26
Physical Activity, a Pathway to Mental Health						
27	28	29	30	31		
Challenging Worries and Anxious Thoughts						

### July 13 to 26 - Physical Activity, a Pathway to Mental Health

For this week's theme we are providing you with a video called How Exercise Improves Mental Health. You can access this video here:

- <https://www.youtube.com/watch?v=rqCWYYOLMHk>

In addition to the webinar we also have the following resources available to you:

- [The Mental Health Benefits of Exercise](#)
- [Other Mental and Emotional Benefits of Exercise](#)
- [Overcoming Mental Health Obstacles to Exercise](#)
- [Getting Started Exercising When You're Anxious or Depressed](#)
- [Call a Trained Wellness Coach for free](#)

Lean more about the link between physical activity and mental health [here](#).

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: BMWWeCare
- 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**, <http://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.