

COVID-19 Wellness Calendar



May 2021

MON	TUES	WED	THUR	FRI	SAT	SUN
3	4	5	6	7	8	9
← Connecting with Nature →						
10	11	12	13	14	15	16
← Connecting with Nature →						
17	18	19	20	21	22	23
← Connecting with Nature →						
24	25	26	27	28	29	30
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Connecting with Nature

For this month's theme, we've compiled some resources to help you make the most of the spring weather and reap the health benefits too. Whether you plan to work in the garden, go walking around your neighbourhood or at local parks or trails, people of all ages report experiencing relaxing or invigorating effects after enjoying the great outdoors. We challenge you to get outside for 20 minutes a day this month and encourage you to share a picture of your favourite outdoor activity on [Yammer](#).

You can learn about the mental health benefits of being outdoors in this [YouTube video](#).

Check out the resources below to learn more about connecting with nature:

- [Mental Health Benefits of the Outdoors](#)
- [Never Hiked Before? Here's What You Need to Know Before Hitting the Trails](#)
- [39 Fun Ways Kids Can Play Outside this Spring](#)
- [8 Great Health Benefits of Gardening & How to Start One:](#)
 - [On a Balcony](#)
 - [In Your Yard](#)

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
- 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
- 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.

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