

COVID-19 Wellness Calendar



October 2021

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Finding Your Balance

People are playing many more different roles than ever before. Not only are we workers but we are far more than that – parents, spouses, friends, caregivers of elderly relatives, volunteers in our communities and more. Aside from whatever roles we play in our lives we must also make room for taking care of our own physical and mental well-being. Not surprisingly, achieving balance among all these competing priorities can be difficult.

Achieving work/life balance means having equilibrium among all the priorities in your life, which is different for every person. But, as difficult as work/life balance is to define, most of us know when we're out of balance. Working on a healthy balance between our work and personal life is essential as it helps us feel less stressed, anxious, and exhausted. As a result we feel happier and more productive and satisfied in both our personal and occupational lives. This month, we're providing you with resources to help determine and achieve a state of balance that works for you.

We encourage you to join us for a webinar: *Making a Life While Making a Living*. The webinar will take place on October 21 at 12:00 PM to 1:00 PM EST. Register [here](#) to reserve your spot today! Following the webinar, a recording will be uploaded to the eHealth site for those who were unable to attend.

The following resources are also available:

- [Understanding Balance](#)
- [How to Build New Habits & Habit Tracker Template](#)
- [Tips on Balancing Work and Family](#)
- [You Deserve a Break!](#)

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

- 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

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](#).