

COVID-19 Wellness Calendar



September 2020

MON	TUE	WED	THU	FRI	SAT	SUN
31	1	2	3	4	5	6
← You're Resilient, You're Strong, and You're Still →						
7	8	9	10	11	12	13
← Sleep Hygiene →						
14	15	16	17	18	19	20
← Sleep Hygiene →						
21	22	23	24	25	26	27
← Sleep Hygiene →						
28	29	30				
← Sleep Hygiene →						

Sleep Hygiene

To kick off the September theme, we have provided you with a live webinar called “Let’s Sleep on It: Developing a Healthy Sleep Pattern” on **Monday, September 14 at 1 p.m. EST**. Register here:

- <https://attendee.gotowebinar.com/register/4846813690539065870>

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

- [Sleep Hygiene](#)
- [Sleep Guidelines During the COVID-19 Pandemic](#)
- [Are Canadian Adults Getting Enough Sleep?](#)
- [Sleep Self-Assessment. Questionnaire](#)
- [Understanding “How do I Sleep Better” TED Talk by Dr. Vyga Kaufmann](#)
- Try the [AWARE Program](#) or [Computerized Cognitive Behavioural Therapy](#) available for free through Workplace Options. Both are proven to improve your quality of sleep and overall wellness.

Learn more about this theme [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
- 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
- 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.