

# WELLNESS MATTERS

*A newsletter from your Sunnybrook Wellbeing Committee*



## Resource to Note:

### NEW EAP SERVICE PROVIDER: COMPSYCH GUIDANCE RESOURCES

Sunnybrook's new employee assistance program provider is [ComPsych Corporation](#). Services including counselling, legal and financial consultation, work-life assistance, and crisis intervention are offered to all employees and their household family members. Each month we will be highlighting Resources from ComPsych to help support you. For March, materials will focus on Financial Wellness. Look for titles on Setting Financial Goals, Budgeting for Financial Success and Building Credit. To access the materials, visit [here](#).

## UPCOMING EVENTS

### MARCH

**Tues 21, 12:30-3:30pm:** Fostering Wellbeing through Leadership workshop (email [hazel.baillie@sunnybrook.ca](mailto:hazel.baillie@sunnybrook.ca) to register)  
**Tues 21, 12:00-1:00pm:** Restorative Lunch Break - Eat to Beat Stress (register on Sunnynet)  
**Thurs 30, 12:15pm:** Sing Sunnybrook Sing! in the M6 Atrium

### APRIL

**Tues 11, 7:00-8:30pm:** SunnyBook Virtual Book Club - *The Book of Negroes* by Lawrence Hill  
**Thurs 27, 12:15pm:** Sing Sunnybrook Sing! in the Bayview courtyard

### MAY

**Tues 9, 7:00-8:30pm:** SunnyBook Virtual Book Club - *Ru* by Kim Thuy  
**Wed 31, 12:30-4:30pm:** Peer Support Champion training (contact [hazel.baillie@sunnybrook.ca](mailto:hazel.baillie@sunnybrook.ca) for more info)

### JUNE

**Tues 13, 7:00-8:30pm:** SunnyBook Virtual Book Club - *Anil's Ghost* by Michael Ondaatje

## RECREATION THERAPY AWARENESS WEEK

From February 13 to 17, many exciting events were held to celebrate the awesome Recreation Therapy team. An interactive booth in M-Wing showcased the various areas on all campuses that Recreation Therapy services. The team was present to answer questions from patients, families, and staff. Booth visitors were also given an opportunity to reflect on what brings them enjoyment and try out the Snoezelan sensory station. Furthermore, 275+ staff registered for a Restorative Lunch Break chocolate tasting with SOMA chocolatier. To top off the week, the Recreation Therapy team was invited to take a wellness walk through Sunnybrook park (pictured).



## ST JOHN'S REHAB BAKER'S BATTLE



In February, SJR staff participated in the first annual Valentine's Day Bake Off Challenge. The theme was chocolate cake - to qualify, cakes had to be chocolate-flavoured and homemade (no boxed mixes!). Cakes were judged on presentation, taste, and texture. The winners of a unit-specific Baker's Challenge held on February 14 moved on to compete in the site-wide Baker's Battle on February 28. Congratulations to Hina Khatri, a physiotherapist in the Outpatient department. Hina will now decide the theme for the 2024 Challenge. Congratulations to all the talented bakers who participated in the competition, and great job to the PCMs on running such a fun event!

## WELLNESS CHALLENGE WRAP-UP

The February Wellness Challenge was a huge success, with 300+ participants. New this year, staff could sign up as teams with awards given for Best Team Name ("Sunnyside Up: Let's Get Physical (Sciences)", pictured) and Best Team Photo ("A4 All Stars"). A raffle was also held for all participants: congratulations to winners Jiyoung Jang, Wing Yan Ho, and Rhoda Lordly. A huge thank you to the SRI Student Network for organizing!



## OHS Wellness Tip: WORK SMART

It's not about being quicker, it's about achieving goals in a way that's efficient, safe, and enduring. Your body needs to last your lifetime!

