

WELLNESS MATTERS

A newsletter from your Sunnybrook Wellbeing Committee



Team Spotlight:

ALIVE & WELL COMMITTEE



The Holland Centre's Alive & Well Committee originates back to the 1980s, and after a brief pause was reestablished in 2013 with a highly successful inaugural Apple Pie Baking Contest. This committee's mandate is to promote wellness and enhance the social environment for staff by providing opportunities to participate in social activities, both in and outside of the workplace. Events are open to all staff, volunteers and students and always bring a lot of joy – and sometimes some healthy competition!

Over the years, some of their events have included: fitness challenges, individual and team challenges (i.e.: walking, scavenger hunts), holiday celebrations, World Cup BBQs, baking contests, and ice cream days. For Canada's 150th birthday, they had a walking challenge where teams had to walk the distance from Toronto to Ottawa leading up to Canada day!

The Alive & Well Committee members include staff from varying occupations within the hospital: Stefanie Chau, Rachel Davies, Jessie de Boer, Amber Hall, Lucy Pereira, Amy Wainwright, Marni Wilson and Lindsay Crawford.

UPCOMING EVENTS

(ongoing) STEADY Wellness Assessment: Get it [here!](#)

JUNE

Thurs 23: [Restorative Lunch Break: Staycation - There's No Place Like Home!](#)

Thurs 30: Staff singing event hosted by Music Therapy team (erin.gross@sunnybrook.ca for more info)

JULY

Mon 11-Tues 12: [Sunnybrook Student Research Conference](#)

Thurs 28: Staff singing event hosted by Music Therapy team

AUGUST

Thurs 25: Staff singing event hosted by Music Therapy team

SEPTEMBER

Sat 17: [RBC Race for the Kids](#) - join or donate to our team by searching for "Sunnybrook Wellness Racers"

SRI Research Connection:

ASSESSING THE WELLNESS NEEDS OF ICU STAFF

Patil Mksyartinian is a student who evaluated Sunnybrook's current wellness resources during her Master's of Public Health degree. Quantitative surveys and other qualitative approaches were used to gather data about resource utilization and needs among ICU teams. She found that while ICU staff generally experience a high level of stress, they are not familiar with or do not utilize the wellness resources available. However, staff saw value in a wide variety of resources that are provided and had many suggestions for potential new initiatives.

View Patil's needs assessment report [here](#).

Resource to Note:

PEER SUPPORT CHAMPION TRAINING

Peer Support Champion Training is open to all Sunnybrookers. The training includes background content on peer support, the champion's role, communication practices for facilitating a session, and the importance of self-care. Trainees can opt to join a cohort of peer support champions who facilitate sessions for their colleagues. Others may prefer to attend out of interest or to enhance their communication and facilitation skills. All participants will be invited to bi-monthly peer support community of practice meetings to continue their learning through discussion and guest speaker presentations, and networking with other peer supporters.

Occupational Health & Safety Wellness Tip:

PREPARE FOR SUCCESS

Writing down goals, telling them to others, and making recreational commitments helps to ensure consistency and accountability throughout the year. Create a plan!

