

WELLNESS MATTERS

A newsletter from your Sunnybrook Wellbeing Committee



Team Spotlight:

SUNNYBROOK WELLBEING COMMITTEE

This team is comprised of Sunnybrookers across departments, working together in a commitment to the wellbeing of all staff. You may have heard of our prior initiatives such as the Meditation Works mobile studio day, Connecting Through the Arts event, or our recent February Wellness Challenge. Stay tuned for more programming and don't be shy to talk to us about what Wellbeing @ Sunnybrook means to you!

- | | |
|-----------------------------------------------------------|-------------------------------------------------|
| Sara Abu-Midden (Environmental Services) | Jill Hedican (Palliative Care) |
| Nadia Bragagnolo (SRI) | Leanne Hughes (Veteran's Centre) |
| Hazel Baillie (Occupational Health & Safety) | Jamie Kyriacou (Odette Cancer Centre) |
| Janet Bodley (Obstetrics & Gynecology) | Elizabeth McLaney (Interprofessional Education) |
| Lindsay Crawford (Holland Centre) | Stefanie Morikawa (Pharmacy) |
| Elif Dincer Ambelez (Volunteer Services) | Paul Oleynik (SRI) |
| Janet Ellis (Psychiatry) | Suzie O'Regan (PAIL Network) |
| Lina Gagliardi (Social Work & Spiritual Care) | Niroo Sivapalan (SRI) |
| Melissa Goddard (Organizational Development & Leadership) | Allie Surchin (Thompson Centre) |
| | Estella Tse (Trauma Program) |
| | Susanne Watson-Bongard (Veteran's Centre) |

UPCOMING EVENTS

(Ongoing) STEADY Wellness Assessment: Complete it [here!](#)

MARCH

Mon 21: Restorative Lunch Break: Smart Eating for the Busy Professional ([register here](#))

Wed 23: Wellness Wellplayed: Music for Mental Health and Wellbeing by the Creative Arts Therapies Professional Group ([register here](#))

Fri 25: STEADY Workshop Series: Skills for Coping and Resilience-Building (email melissa.korman@sri.utoronto.ca)

APRIL

Tues 12: Restorative Lunch Break: Daniel Stolfi, author of COMEDIAN vs CANCER: The Show Must Go On

MAY

Wed 18: Restorative Lunch Break: Self-Identity Script Writing with Rachel Molenda

SRI Research Connection:

LEARNING FROM PEER SUPPORT FACILITATORS

Melissa Korman works in SRI on the evidence-informed STEADY (Social Support, Tracking Distress, Education & Discussion Community) Wellness Program. Her current MSc project aims to learn from peer supporters who actively implemented mental wellness programming over multiple waves of the pandemic. Two focus groups were held with the multidisciplinary supporters at Sunnybrook with a focus on knowledge translation & implementation-related questions. Qualitative thematic analysis is currently underway.



Resource to Note:

MEDITATIONWORKS

You may recall seeing the MeditationWorks mobile studio at a few Sunnybrook campuses last summer! Their pre-recorded 10-minute meditation sessions can be accessed on meditationworks.com any time, anywhere, **at no cost**. Both the on-site mobile studio experience and the online sessions aim to help Sunnybrookers take a Purposeful Pause, with the goal of better health, sleep, productivity, and wellbeing.

Occupational Health & Safety Wellness Tip:

PRIORITIZE YOURSELF

Your physical and mental health is foundational to productivity and effectiveness at work and home. Make space in your day to actively participate in healthy habits!

