



## TBDHU Workplace Wellness Update for Thunder Bay and District

November 15, 2024

### Upcoming webinar! Creating a Psychologically Healthy Workplace - Simple Steps for Workplace Leaders

Our workforce needs mental health support. Yet, knowing how to adequately offer it can be intimidating for an employer. Join this webinar for practical guidance on the key meaningful actions any organization can take to foster a psychologically safe work environment, even with tight budgets, busy schedules, and competing priorities.

**Wednesday, December 4, 2024 from 10:00 - 11:00 am**

This webinar will be hosted by Thunder Bay District Health Unit and facilitated by Krystina Hunter of K. Hunter Workplace Consulting. For more details, visit [SuperiorMentalWellnessAtWork.com](https://SuperiorMentalWellnessAtWork.com).

Interested, but can't attend? That's okay! Register anyway and you will get a link to the recording that you can watch at any time.

[Click here to sign up for the webinar](#)

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## Corporate Social Responsibility & Your Workplace Wellness Strategy

Does your workplace wellness strategy include opportunities for employees to be involved in the community? Corporate social responsibility (CSR) is actually one of the four areas of influence for a healthy workplace. By integrating CSR into the workplace, everyone benefits – employees, the organization, and the community it serves!

For employees who engage in CSR, it can feel uplifting. It fosters a sense of purpose, encourages team bonding, and builds loyalty towards the employer. All of this enhances employee wellbeing and increases job satisfaction. The organization benefits by improving the workplace culture and company reputation, strengthening employee engagement, and retaining and attracting new talent.

This may be a good time to consider how your organization can make a difference in the community. During the holiday season, there is often a heightened desire to participate in initiatives that bring people together to support others. Plus, there are many community groups looking for various kinds of assistance. Aligning your company's values with ways that employees can contribute to the greater good can have a positive impact that extends far beyond the holidays.

Interested in learning more? Check out these articles:

- A [Comprehensive Workplace Health and Safety Program](#) by the Canadian Centre for Occupational Health & Safety (see how organizational community involvement fits into a broader workplace wellness strategy)
- [Why Corporate Social Responsibility is Important to Canadian Employers](#) by Excellence Canada

## Straight Up Facts About Alcohol to Know as We Celebrate the Holidays

The festive season is fast approaching! For many of us, it's an occasion to socialize with coworkers, family and friends. Often, alcohol is involved. This holiday season, consider reducing how much alcohol you drink – even by a little – and give yourself the gift of better health.

Here's why: Many people don't know about the link between alcohol and cancer. Recently, researchers have learned more about how alcohol affects our health and in 2023, [Canada's new Guidance on Alcohol and Health](#) was released. It says that even low levels of alcohol consumption can increase the risk of developing chronic diseases, including at least seven types of cancer. This may be surprising, as many people are more aware of other cancer prevention strategies like avoiding smoking or sun exposure. Now, reducing alcohol can be added to that list. The good news? Any reduction, whether you drink a little or a lot, can benefit your health. Every little step you take to drink less can make a difference. Find more tips and resources at [StraightUpFacts.ca](https://straightupfacts.ca).

Workplace leaders who wish to promote this wellness message to their employees can email [workplacewellness@tbdhu.com](mailto:workplacewellness@tbdhu.com) for free resources.



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*If you're looking for support to build a healthy workplace program, TBDHU can help!  
Our team of workplace wellness experts supports organizations with developing a  
Comprehensive Workplace Health Program based on each workplace's unique needs. All services are free!  
For more information, visit [TBDHU.com/workplaces](https://TBDHU.com/workplaces), call 807-625-5900 or email [workplacewellness@tbdhu.com](mailto:workplacewellness@tbdhu.com).*