

A message from Ryan Piper

Vice President, Human Resources



Year one of the pandemic: a reflection on employee wellness

March 19, 2021

WELLNESS UPDATE

Dear colleagues,

We've reached the one-year mark of the COVID-19 pandemic – a year since the virus upended our lives, forced us to quickly shift to remote operations, and challenged many of us to adapt to a new day-to-day routine that includes balancing multiple work and family responsibilities while trying to protect our own mental health and well-being.

While the rollout of vaccines brings hope, there is no doubt our “new normal” continues to have an impact on the well-being of Canadians and the Sheridan community as a whole. In a recent [Mental Health Index](#) completed by Morneau Shepell in January 2021, social isolation and worries over uncertainty and finances continue to have the strongest impact on our positive mental well-being.

This milestone in the pandemic is an important opportunity to reflect on how we can all continue to look after ourselves, and one another.

We must continue to prioritize the well-being of our Sheridan community as part of our pandemic recovery plan. That is why we recently launched our institutional wellness strategy, [Sheridan Wellness: Our Strategy for Community Well-Being](#), which formally captures our commitment to wellness and provides a clear blueprint for how we'll embed wellness into all aspects of life at Sheridan. Our Wellness Committee and colleagues are already working diligently on our Year One objectives, bringing our strategy to life.

On an individual level, there are many ways we can each improve our positive well-being during this time of uncertainty, such as practicing gratitude, focusing on hopefulness, and prioritizing building strong personal relationships (even in a virtual community). For more practical tips on beating the winter blues and pandemic fatigue, please refer to the [7 Tips for Positive Well-being while Working from Home](#) and check out our newly launched [Wellness Hub](#) and [Employee Wellness](#) pages on Sheridan Central.

There are many more wellness tools and initiatives in the works. We are excited to offer fresh monthly wellness-themed content on our [Employee Wellness](#) site beginning this month, kicking off with the theme of well-being and nutrition. We hope you join us on social media for the virtual wellness activity and #shareyourplate contest, and review our nutrition resources. Stay tuned to Sheridan Central and follow along at #SheridanWellness on social media for more details!

Don't forget to review these great additional resources for employee wellness:

- [Work Life Resources \(EFAP\)](#)
- [Wellcan](#) and [Abiliti iCBT](#)
- [Living Well Podcast Series](#) (Morneau Shepell)
- [Headspace](#)
- [Bounce Back](#) (CMHA)
- [Workplace Abilities Office](#)
- [Sheridan's Wellness Hub](#)
- [Employee Wellness Site](#)

Thank you for everything you continue to do to support our students' success, and the well-being of our entire community.

Sincerely,
Ryan Piper
Vice President, Human Resources

Sheridan College
1430 Trafalgar Road
Oakville ON L6H 2L1
sheridancollege.ca

Sheridan

Connect with us

