

Healthy Workplace Month



fseap Now we're talking.

Your Wellness, Your Way - Healthy Habits that Fit Your Life

There's no one-size-fits-all approach to living a healthy, balanced life. What supports your well-being may look different from what works for someone else.

Healthy Workplace Month is an opportunity to put personal choice at the centre of wellness. Whether you want to move more, manage stress, strengthen relationships, improve your work-life balance, or simply make more time for yourself, small choices can add up to meaningful change.



Start with what matters to you

Consider what you want more of in your life right now. Then choose one or two small actions that fit your needs, preferences and lifestyle.

Move in a way you enjoy

Physical activity doesn't have to mean going to the gym. Take a walk, stretch between meetings, dance, cycle, play a sport or try something new. Choose movement that feels good to you.

Make space to recharge

Notice what helps you reset. Try a few minutes of deep breathing, mindfulness, time outdoors, music, a screen-free break or simply stepping away from your to-do list.

Nourish yourself

Healthy eating is personal, too. Focus on choices that give you energy and work realistically with your schedule, culture, preferences and needs.

Connect in ways that feel meaningful

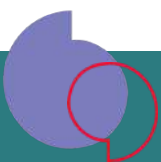
Strong relationships can support well-being and resilience. Make time for a conversation, check in with a colleague or friend, spend time with people you care about or find a community that makes you feel connected and supported.

Be kind to yourself

Wellness isn't about getting everything perfect; it is about trying new activities and seeing how they make you feel. Notice your self-talk and give yourself the same patience, compassion, and understanding you would offer someone else.

Celebrate progress

Pay attention to what's working. At the end of the day or week, reflect on one thing you enjoyed, accomplished or learned. Recognizing progress can help build motivation for what comes next.





Find Your Own Wellness Rhythm

Instead of asking, “What should I be doing?”, try asking:

- What do I need right now?
- What matters most to me?
- What small change feels realistic?
- What makes wellness enjoyable for me?
- What would I like to try next?

There is no single definition of a healthy lifestyle. Your wellness journey can evolve as your priorities, circumstances and goals change.

How Wellness Coaching Through Your EAP Can Help

Wellness coaching takes a personalized, strengths-based approach to help you identify what matters to you and turn your goals into meaningful action.

A wellness coach can support you to:

- Identify your personal wellness priorities
- Explore your strengths, values and motivations
- Set realistic goals that fit your life
- Build strategies for managing stress and challenges
- Develop habits that feel sustainable and authentic
- Stay accountable and recognize your progress

Your wellness journey is yours to own. Start with one choice that feels right for you — and build from there.

FSEAP offers a range of wellness services to support different aspects of your well-being, including counselling, health and nutrition coaching, life coaching, career coaching, financial coaching, legal support, and more.

Connect with your EAP provider to discover the support that's right for you.

