



Wellbeing Champion Newsletter

LEADING HEALTHY CHANGE

Sharing Gratitude This Holiday Season

As the holiday season coincides with our peak period, it can be an especially demanding time for the entire team. Prioritizing self-care and weaving gratitude into our daily routines can have a positive impact on our health and wellbeing.

Gratitude is about recognizing the good around us, expressing kindness, and showing appreciation to others. This month, consider starting a gratitude journal, taking note of something new you're grateful for each day, or simply offering a sincere thank you to someone daily.

Purolator Health in Action

3rd Annual Healthy Workplace Month Challenge!

With over 4000 activities completed, the Purolator team came together to share their self-care practices. By highlighting these healthy moments, we can inspire and motivate others to prioritize their wellbeing. Thank you to everyone who participated.

Purolator Health highlights!



Wellness Wall of Fame: PH spotlight

This month, we are recognizing **David Boyce**, Unit Manager. David demonstrates a deep understanding of the interconnected aspects of well-being, embodying these principles as a role model who prioritizes self-care. As a supportive leader, he consistently takes the time to check in with his team, showing genuine care for each individual.

Wellness Calendar

Check out what's happening in December by visiting the site, including:

- Music for the Mind
- Seasonal stress
- Raising financially fit kids
- Bet you didn't know about E.F.A.P.
- Take a Break Tuesday (stretch)

Wellness Moment

Sharing kindness can boost your mood.

Wellness Moments



Sharing Kindness



Being kind to yourself and others only takes a moment. Self-kindness can improve your day, make others around you feel good and positively influence your mental health.

Find more mental health and wellness resources at www.purolatorhealth.com



Additional Resources

Employee and Family Assistance Program

Discounts and Promotions



JOIN OUR TEAM

To learn more or join our leadership team, click the buttons below:



Contact Us:

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 Visit www.purolatorhealth.com for more information and resources.

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