

Monthly Newsletter

LEADING HEALTHY CHANGE

Mental Fitness & Resilience

Building mental fitness is just as important as physical health. Resilience helps us adapt to challenges, recover from setbacks, and maintain balance during stressful times. Simple practices like mindfulness, regular breaks, spending time in nature and connecting with others can strengthen mental wellbeing.

Jan 19-23 is **Beat the Blues Week**, an opportunity to build your mental fitness and resilience through virtual activities and a bingo card self-care participation challenge. Watch [PuroNet](#) for more information.

Purolator Health in Action

We achieved so much to be proud of in 2025! Highlights include: our MHFA Responder Network now supporting over 101 locations and the Wellbeing Champion Committee expanding to reach 60 locations! Also, Purolator Health being recognized for starting their journey with [Excellence Canada](#) for being a Healthy Workplace.

Purolator Health highlights!



JOIN OUR TEAM

To learn more or join our team of wellbeing leaders, click below:

 **JPurolator**
Mental Health
First Aid
Responder

 **JPurolator**
Wellbeing
Champion



Wellness Wall of Fame: PH spotlight

This month, we celebrate **Kimberly Marsh**. As a new Wellbeing Champion, Kim is passionate about mental health, safety, and holistic healing.

Dedicated to creating supportive environments, Kim promotes balance and resilience, believing self-care is essential. Kim empowers individuals to prioritize wellbeing for personal and professional growth.

Wellness Calendar

[Click to find out what's happening in January:](#)

- Organizing your Finances
- Stretch and Relax (EN and FR sessions)
- Stress Relaxation Techniques
- Goal-Setting: Guided Journaling & Visualization
- Navigating the Healthcare System
- Guided Mindfulness and Breathwork
- Music for the Mind

Wellness Moment

WELLNESS MOMENT

POSITIVE SELF-TALK

Speaking positively with yourself can improve confidence and self-esteem, reduce negative emotions and build resiliency.

Try using these phrases with yourself:

- I can do it
- This is a great opportunity to learn
- It doesn't matter if I make a mistake
- I'm proud of myself for trying
- If I want to, I can



Additional Resources

[Employee and Family Assistance Program](#)

[Purolator International Wellness Page](#)

[Discounts and Promotions](#)

 TELUS Health

 WELLNESS
PUROLATOR INTERNATIONAL

 workperks



Contact Us:

Email: purolatorhealth@purolator.com

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

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