Wellbeing Theme Week: January 19-23, 2026

We know that January can sometimes feel challenging, with colder weather, shorter days, and the post-holiday emotions that can arise. That's why our Provincial Wellbeing Team has put together this **Wellbeing Theme Week** to give everyone a chance to pause, reflect, and take care of themselves and each other.

We encourage you to engage in activities that feel right for you, and remember that small acts of kindness, both to yourself and others, can make a big difference.

Let's make this week about connection, care, and wellbeing!

Mindful Monday

Theme: A calm and reflective start to the week

Activities:

- Join our virtual 15-minute wellbeing drop-in session at 1 pm on January 19! We'll be hosting a guided mindfulness moment to ease into the week.
- If you can't attend, check out our recorded mindfulness exercises here.
- Optional: start your day with a short grounding or gratitude practice.

Tasty Tuesday

Theme: Nourish your body and lift your mood

Activities:

- Team lunch idea: enjoy a nice lunch with your team or colleagues or set a date.
- Schedule a team potluck or share your favorite recipes.
- Optional: explore initiatives like a healthy snack swap and/or a hydration challenge.

BONUS! Meal Prep ideas for healthcare professionals: https://givehappyteeth.com/en-ca/blogs/food/32-best-meal-prep-ideas-for-health-professionals

Wellness Workout Wednesday

Theme: Movement for energy and wellbeing

Activities:

- Join our virtual 15-minute wellbeing drop-in session at 10 am on January 21 for a guided stretch movement practice to refresh your body.
- Optional: take a 15-minute wellbeing walk with a colleague.
- Try a desk-friendly movement routine. We've gathered some links to stretching exercises below.

Stretching exercises:

- https://www.healthline.com/health/fitness-exercise/daily-stretching-routine#forward-fold
- https://www.healthline.com/health/fitness-exercise/daily-stretching-routine

Thoughtful Thursday

Theme: Reflection, connection, and kindness

Activities:

- Create a team gratitude wall — write what you are grateful for and celebrate the positives.
- Share kind messages or shout-outs with colleagues.

Feel Freedom Friday

Theme: Highlighting the week with positivity

Activities:

- Feel-good gratitude jar: add uplifting notes or achievements from the day or week and pay it forward
- Take a 15-minute impromptu “Moment Sharing Break”: share something that made you smile this week with a colleague.
- Start an initiative within your team like a “Mini Kindness Challenge”: Do something small and kind for a colleague.
- Optional: set aside a few minutes for a “Relax & Reset Break”: take a short calming break with coloring sheets, stretching, or simply sitting quietly.

BONUS! Printable Colouring Pages:

- Bee's Knees Coloring Page
- Bodhi Tree Coloring Page
- Calming Thoughts Coloring Page

Important Note for All Staff

We understand that many staff work on rotations and over the weekend. Please feel free to adapt the theme days to suit your schedule — the goal is to support your wellbeing in a way that works best for you!

We have our **15-minute drop-in session recordings** available to watch on the Wellbeing Hub, along with other helpful resources for you to access at any time.