

Sixty-six percent of Canadian CEOs say that stress is doing more damage to productivity than anything else in the workplace¹.

Does your organization have a plan in place?

MyHealth Interactive Magazine is a comprehensive health and wellness program designed to teach managers and employees effective strategies to deal with stress, conflict and mental health difficulties in the workplace. Unlike other programs which rely on one-off seminars and workshops, our program fosters long-term, incremental learning through brief, engaging updates every week throughout the entire year.

The MyHealth Magazine Health and Wellbeing Program is:

✓ Relevant: Q&As

Our panel of experts will answer any questions your employees have on mental health and well-being. Review our current and past Q&As to keep up-to-date on issues that are affecting managers and employees from across Canada.

✓ Practical: How-to sheets

In addition to our concise, scientifically rigorous info sheets, we offer practical step-by-step instructions on how to deal with a variety of common problems in the workplace, such as how to talk to you manager about mental health difficulties, how to deal with conflict among staff, or how to tell your manager you are falling behind in your work.

✓ Engaging & interactive: Online magazine

The program is delivered as an interactive magazine comprised of full-length articles and interactive polls about common challenges in the workplace, as well as quizzes designed to test knowledge on a variety of health and mental health issues.

✓ Preventative: Health Check & Helplines

According to a recent Canadian mental health survey, two-thirds of people who had symptoms of mental illness didn't ask for help. We offer tools and resources to help your employees decide when and where to get help in a timely manner. Our helplines directory contains over 200 helplines from across the country and is continuously updated.

✓ We don't stop: Weekly updates

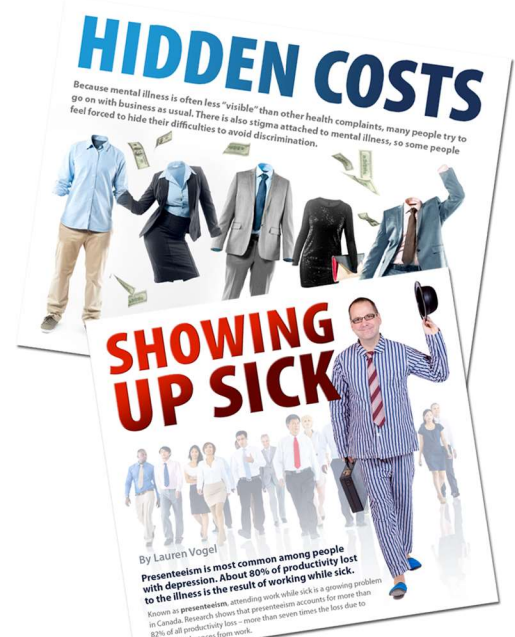
MyHealth Magazine continuously releases new content to ensure that managers and employees remain up-to-date about mental health issues in the workplace. We keep in touch by reminding you about new info and how-to sheets, quizzes and polls, as well as did-you-knows and new Q&As every week throughout the entire year. That's health promotion that doesn't stop.

✓ Website, workshop, or workbook?

People learn in different ways. We deliver information in different formats and on different platforms. You can learn new skills and strategies through our website, or learn about what help is available through our regular email updates. Using our workbooks, you can learn how to master skills, such as mindfulness and relaxation breathing, as well as how to deal with stress, setbacks and negative thinking. Or, you may decide to give your staff a hands-on opportunity to learn the basics about how to deal with mental health difficulties in the workplace by booking one of our half or full-day workshops.

✓ Affordable & Cost-effective:

An annual site license for all managers and employees is just \$2 a month per employee and far less for large organizations. Given that the direct and indirect annual costs associated with taking a leave of absence for mental health difficulties can exceed \$10K per employee per year, the costs of this program can be easily recovered, even if just one employee is helped.



Featured topics in our weekly updates include:

- Dealing with Stress
- Depression
- Asperger's
- Work-life balance
- Noise in the workplace
- Exercise
- Relaxation breathing
- Procrastination
- Sleep
- Conflict
- Time management
- Anxiety
- Substance misuse - Alcohol
- ADHD
- Stigma - disclosure
- Workplace harassment
- Therapy options
- Accommodation: strategies
- Presentism
- Resilience
- Chronic Pain
- Burn out
- Shyness
- Professionalism
- Returning from a leave of absence
- Negative thinking
- Asking for help
- Workplace engagement
- Tracking accomplishments

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1. National Union of Public and General Employees. (2005). Workplace stress so bad it's hurting productivity, CEOs admit.