

This month we are focusing on the importance of relaxation and taking the time to unwind and focus on you! This is important for overall well-being and mental health.

[Psych Central](#) lists 20 ways to relax and unwind. Here are a few of our favourites:

1. Make a list of the day's triumphs
2. Identify what you can and can't control
3. Focus on the present moment
4. Treat yourself like you would a loved one
5. Figure out what works for *you*

Homewood Health also has great resources to help you with your wellness goals. See the attached article for some tips on relaxation!

Upcoming Events:

To show our appreciation for all of your hard work and ongoing commitment to BCHS, we will be hosting an Employee, Physician and Volunteer Wellness & Recognition event!

The dates are as follows:

Wednesday June 26th → Employee Appreciation breakfast at The Willet from 8:30am-10am

Wednesday June 26th → Employee Appreciation event for staff at BGH from 7:30pm-9:30pm

Thursday June 27th → Employee Appreciation event at BGH from 12:00pm-2:00pm

Stay tuned for all of the details regarding the events!

We are also very excited to announce that BCHS will be hosting a **Plant Night** in the Cafeteria on **Thursday July 18th at 7:00pm!** The price is \$55 per person, and you can sign-up by clicking [here](#).

You will be able to create your own Plant – with various planter options and materials! Here is a sneak peek of what we will be creating:

