

## **BCHS October Wellness Memo**

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This month we are focusing on Violence. What do you know about Workplace Violence? What is considered violence? Take a look at some of the resources and information below:

- Violence is a statement or behaviour that is reasonable to interpret as a threat of physical force that causes or could cause physical injury
- A person does not need the capacity to understand that their behaviour could cause injury for it to be considered workplace violence (e.g. patient with dementia)
- Safety Tips – [Workplace Violence Video](#)
- Canadian Centre for Occupational Health and Safety: [Violence in the Workplace Article](#)
- Experiencing acts of violence → Homewood Health article is attached

October 2<sup>nd</sup> is International Day of Non-Violence. We want you to help us with promoting this important topic. Here are some ways you can participate:

1. What are 5 things you appreciate on your unit or floor? Share it with your leader, or the [Wellness Team](#)!
2. Participate in a random act of kindness
3. Report all workplace violence right away → Notify your leader, and then complete a report in [Parklane](#)
4. Attend our wellness lunch and learn and learn about “building working relationships”

We would also like to highlight some of the great Wellness activities we have going on this month!

- Massage therapy on-site starting Wednesday October 2<sup>nd</sup>
  - To sign-up, visit the Wellness Room on E-Wing lower level 4. A sign-up list will be posted each week.
- Wellness Lunch and Learn on Thursday October 24<sup>th</sup>: Building Working Relationships
  - To sign-up, email [Wellness@bchsys.org](mailto:Wellness@bchsys.org)