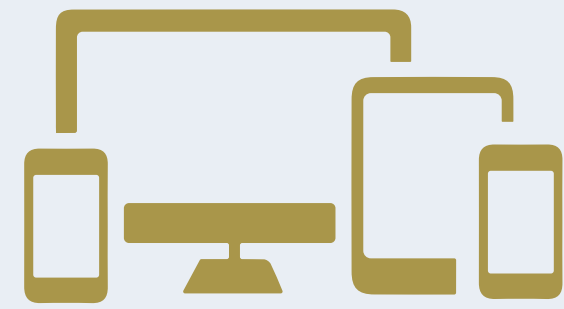


Your Digital Wellbeing Matters



Canada's

Healthy Workplace Month

<https://healthyworkplacemonth.ca>



Be present, both online and off. Set healthy boundaries.

Organize your
digital
workspace
for calm and
clarity.

Take regular
breaks
away from
screens.

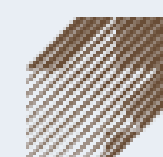
Protect your time.
Limit after-hours
emails and
notifications.

Support each
other in
healthy tech
boundaries.

Use digital tools
mindfully.
Prioritize your
wellbeing.



Let's make digital wellbeing a workplace priority.
Every month, every day.



EXCELLENCE • CANADA

improving performance, recognizing excellence | améliorer le rendement, reconnaître l'excellence