



Canada's

Healthy Workplace Month

healthyworkplacemonth.ca

Psychological Safety

DID YOU KNOW?

Psychological safety is the belief that you can speak up, ask questions, and make mistakes without fear of embarrassment or punishment.

It's essential for creativity, collaboration, and well-being, and it fosters:

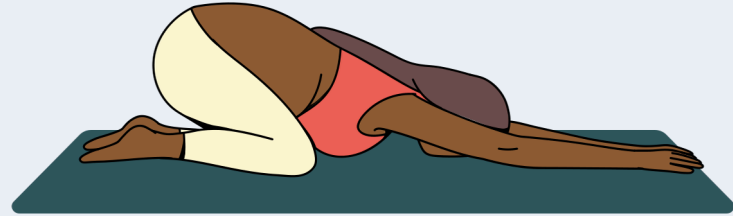
- Trust
- Open Communication
- Innovation
- Teamwork
- Inclusion



DAILY YOGA POSE

Child's Pose - Balasana

This gentle pose encourages relaxation and surrender, symbolizing the comfort and trust found in psychologically safe environments.



DAILY MOTIVATION : MUSIC TRACK

"A Sky Full of Stars" - Coldplay

This song is about believing in someone and giving them the support they need to shine. The uplifting melody and encouraging lyrics can remind us to support each other's growth and potential.



PRO TIPS FOR THE WORKPLACE



- Invite input from quieter team members during meetings.
- Respond with curiosity instead of criticism when someone shares a new idea.
- Celebrate mistakes as learning opportunities.

Action: Thank a colleague today for sharing their perspective or for being open with you.



DAILY RECIPE

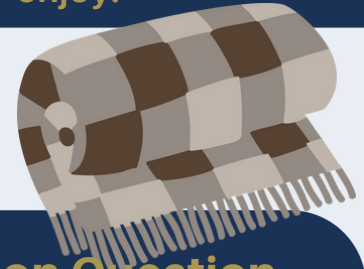
Cozy Banana Almond Smoothie

- 1 banana
- 1 tbsp almond butter
- 1/2 cup Greek yogurt
- 3/4 cup milk (of choice)
- 1/2 tsp cinnamon
- 1 tsp honey (optional)
- Ice



Put all the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

INSPIRE & REFLECT



Inspiration of the day

"Teamwork begins by building trust. And the only way to do that is to overcome our need for invulnerability." – Patrick Lencioni

Mental Health Challenge

Offer genuine encouragement to at least one person today.

Reflection Question

When was the last time I felt truly safe sharing my ideas?
What made that possible?

Daily Affirmation

I am safe to express my thoughts and feelings, and I value the voices of others

Daily Resource:

Guarding Minds at Work

Guarding Minds at Work provides comprehensive, free tools to help workplaces assess and enhance psychological health and safety. Aligned with the Canadian National Standard and international best practices, it offers surveys and resources to identify strengths and areas for improvement—empowering organizations to create safer, more inclusive, and mentally healthy work environments.

