

Commerce Court Tenant Wellness Seminars 2018

Mindfulness through Meditation

This workshop will focus on the benefits of meditation such as lowering anxiety levels, improving sleep and easing headaches. You will learn simple meditation techniques that will help to deal with day-to-day pressures. Participants will come away feeling refreshed and rejuvenated!

The 7 Habits of Highly Well People

This workshop focuses on the 7 habits that contribute to a "high performance lifestyle". The 7 habits discussed are: getting adequate sleep, eating breakfast, connecting with others, managing stress, being physically active, eating fruits and vegetables and practicing gratitude. The presentation also addresses how these 7 lifestyle habits are important contributors to resilience and good health.

The goal of the presentation is to have participants evaluate their current lifestyle habits and to start thinking about simple ways of enhancing their lifestyle to enjoy improved health, performance and happiness.

Healthy Meal Planning for Busy Professionals

Meal planning is key if you want to eat and live healthier. Avoid the lunch bag let down and learn how to pack a lunch that's both delicious and nutritious. In this presentation you'll learn:

- Meal planning tips to help you eat healthier and save you time too
- The Balanced Plate Formula for building the perfect meal
- How to be a Savvy Grocery Shopper
- Plenty of meal and snack ideas to spruce up your current routine
- Healthier take-out options (for when you have no time to pack your own lunch!)

The 6 Lifesaver Skills for Increased Resilience

This light, entertaining and informative presentation highlights six skills that can enhance your stress hardiness.

1. Conserve Your Energy
2. Manage Your Time
3. Save Your Supporters
4. Build Your Self Confidence
5. Savour Simple Pleasures
6. Guard Your Health

Sessions are exclusive to Commerce Court tenants. Post-session resources are available to all via our website at: commercecourt.ca/wellness-resources.