

# A MESSAGE FROM RYAN PIPER

NOVEMBER 26, 2020



## A reminder of Sheridan's wellness resources for employees

**November 26, 2020**

Colleagues,

We're nearing the end of a challenging year - one that has upended our plans and routines and forced us to adapt to new realities at an unrelenting pace. I am reaching out to you today to talk about mental health, and the importance of prioritizing your wellbeing. Please take a moment to watch the video above for details about Sheridan's wellness resources, and my tips for dealing with stress and uncertainty.

Certain resources may work better for some employees, than others. That's why we have a variety of options available to you. These include our Sun Life benefits packages with paramedical supports, counseling resources, technology for keeping you organized, virtual exercise classes, and more:

- [Ergonomic support](#)
- [Wellness Webinars](#) (sign up through PD Connect)
- [Webinars offered through Morneau Shepell](#)
- [Library and Learning Services' remote work resources](#)
- [Fitness resources from Athletics](#)
- [Information on accessing Sun Life benefits](#) and [Lumino Health](#)
- [Employee and Family Assistance Program](#)
- Free provincial wellness resources: [WellCan](#) and [AbilitiCBT](#)

I hope you're encouraged to carve out some time in your day to explore one or more of the resources above.

Be well.

Ryan Piper  
Vice President, Human Resources

**Captioning is available by clicking the 'cc' icon during video playback. To request a video transcript, please email [careandwellness@sheridancollege.ca](mailto:careandwellness@sheridancollege.ca).**

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