

January 30, 2025



Upcoming events

February 4 | WORKSHOP -
Occupational Health and Safety
Committee: Part 2 - Beyond the
Basics

February 6 | WEBINAR - The Power
of Early Intervention: How EMDR
Heals Trauma and Burnout

February 20 | WEBINAR -
Addressing Bullying and
Harassment in the Workplace

Register at safecarebc.ca/events



Join us on a monthly self-care journey

When you hear “self-care,” what’s the first thing that comes to mind? Perhaps it’s a tropical vacation or a day at the spa. While these are nice activities, they don’t represent everything that self-care can be.

Self-care, quite simply, is any action that supports your own physical and emotional needs. These actions don’t need to be grand—they can be as simple as going for a walk on your lunch break.

Some examples include:

- Practicing mindfulness.
- Getting enough sleep.
- Exercising regularly.
- Taking a few minutes to sit and rest.
- Writing in a journal.

Be prepared for winter conditions

Environment Canada has issued a snowfall warning for the southern parts of the province—including the lower mainland and Vancouver Island. With winter weather comes new hazards to be aware of.

Avoid slips, trips, and falls

- Be prepared: wear appropriate footwear when travelling outside and use salted paths and handrails whenever possible.
- Be vigilant: Give yourself extra time to reach your destination and cutdown on distractions like talking on the phone.
- Be informed: Keep an eye on weather reports and adjust your driving route if necessary.