

LIVE WELL WORK WELL



Health and wellness tips for your work and life—
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Workplace Changes Can Impact an Employee's Mental Health

According to a recent survey by Morneau Shepell, a human resources consulting firm, workplace changes can have a negative impact on employees.

In fact, the survey, which specifically examined Canadian workplaces, found that 46 per cent of employees took time off work to tend to their mental health following workplace changes, particularly when new job roles were introduced. Additionally, 30 per cent of respondents said such workplace changes had a significant impact on their job performance.

Workplace changes are common, and are a regular occurrence in modern businesses. To help prevent stress and to preserve your mental health, experts recommend that employees be open and honest about any concerns they have.

Whenever a workplace change is imminent, it's important to speak with your manager to learn more about the rationale behind any changes and how it will affect your work. If your mood and outlook continues to worsen, it may be a good idea to speak with a mental health professional.

This article is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice.

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6 Spring Break Travel Tips

Spring break is one of the most popular times for Canadians to travel. To ensure that your next trip is fun and stress-free, keep in mind the following tips to help avoid travel woes:

1. Review the Government of Canada's [travel advice and advisories](#) page.
2. Visit a travel clinic or speak with your health care provider six weeks before you leave. Doing so will ensure that you are up to date with your vaccinations and in good health.
3. Sign up for the Government of Canada's [Registration of Canadians Abroad](#) service. This is a free service that allows the Government of Canada to notify you of an emergency abroad or at home.
4. Purchase the best travel insurance you can, as your Canadian health insurance will not protect you in other countries.
5. Ensure that your passport is up to date.
6. Pack a travel health kit. This kit should include basic first-aid items and enough supplies to prevent illness, handle minor injuries and manage pre-existing medical conditions.

If you are flying, review the Government of Canada's [air travel](#) page for information on what you can bring on the plane. This page also includes information on pre-boarding identification requirements and an explanation of the airport security screening process.

