

DON'T MAKE SELF-CARE RARE! YOU ONLY LIVE ONCE (#YOLO), AFTER ALL.

This month, we're tapping into the potential of International Self-Care Day to upgrade some everyday habits.

There are "Seven Pillars of Self-Care" to be aware of, including typical categories like physical activity, healthy eating and good hygiene—habits we all shirk now and again, but generally stay on top of without special reminders.

But some of the other pillars may surprise you, like risk avoidance, health literacy and mental well-being. If you're feeling overwhelmed or stressed at work, please reach out to someone you trust for some mutual mental care. It may feel strange at first, but since we all spend so much time at the office, your co-workers can actually play a major part in improving your mental health.

Always remember, we all OLO together. So let's gather our wits and use some serious willpower to collaborate on long-lasting workplace self-care.



OFFICE & HOME HOT TIPS

- Drink lots of water. It's not just good for your body—it also has a major effect on mental energy levels. Try to fill up a glass of water more often instead of always reaching for that mug of coffee!
- Make sure to stand up from your desk or couch at least every 30 minutes. Excessive sitting has been linked to some dangerous physical and mental conditions, such as depression and heart disease.
- Walking 30 minutes a day is a great way to increase your basic physical activity and it can help reduce risk of chronic disease!

INTERNATIONAL SELF-CARE DAY IS ON JULY 24, 2019!

Check with your local green team to see what you can do to get involved in this worldwide event.

We want our tenants to take over #YOLO on social media for a day to spread the word about the importance of self-care. Tweet a pic of you and your colleagues taking special care of yourselves to @Epic_AlwaysOn with #AlwaysSustainable on July 24 to show people around the world how it's done.

GREEN TEAM ACTIVITIES AND CHECKLIST

When it comes to making your property more sustainable, putting together an enthusiastic green team will have the most impact by far on overall environmental performance. By gathering a group of self-directed employees to take ownership of your local green team, you can make a big difference in incorporating the principles of sustainability across all your operations!

MAY INDOOR AIR QUALITY

In May, we're informing employees of Epic's efforts to prioritize indoor air quality, as well as the importance of natural fresh air and indoor plants for air quality and employee well-being.

- 1. HASHTAG: Send an all-staff email to spread awareness of #BreatheOfFreshAir, highlighting the widespread benefits of maximizing, and taking the time to appreciate, high-quality indoor air.
- 2. ACTIVITY: Review your corporate air quality policy and see if any updates are required, such as scent-free employee policies or regular dusting and cleaning schedules using green, non-toxic products.
- 3. OPTIONAL: Purchase a few no-hassle plants, such as spider plants or ficus, that actively contribute to cleaner indoor air quality. Assign members of the green team to rotating monthly water duty, and create signs that clearly state how much sunlight and water each plant needs.

JUNE ALTERNATIVE TRANSPORTATION

In June, we're encouraging employees to try new forms of commuting, such as biking or public transit, to improve health and well-being and reduce single-occupancy car commuting.

- 1. HASHTAG: Send an all-staff email to spread awareness of #HipCommuter and to encourage employees to get involved in the cross-Canada [Commuter Challenge](#) (starting in early June) so that they experiment with alternative methods of commuting.
- 2. ACTIVITY: Send an all-staff email to gauge interest in developing a workplace carpooling network for colleagues who live close to each other. Assign a highly organized green team member to create a functional framework so that the program runs smoothly and reliably.
- 3. OPTIONAL: To encourage participation in carpooling initiatives, circulate the new CAA report on ['Ridesharing and Carpooling'](#), which discusses the innovative potential of employer carpool programs and also shares statistics that can be used for developing a compelling business case.

We have designed the #AlwaysSustainable program to give your green team one activity and social media hashtag each month to raise property-wide awareness of, and encourage involvement in, the monthly theme.

JULY HEALTH AND WELL-BEING

In July, we're focusing on employee self-care by tapping into the International Self-Care Day framework, which can help everyone upgrade their everyday habits for better health and well-being.

- 1. HASHTAG: Send an all-staff email to spread awareness of #YOLO and introduce employees to the "Seven Pillars of Self-Care." Each green team can come up with its own way to use this hashtag to promote participation in an International Self-Care Day event on July 24, 2019.
- 2. ACTIVITY: Use the "Global Support for the Seven Pillars of Self-Care" page as a starting point to plan your activities for an International Self-Care Day event. As recommended, you should tailor these activities to the overarching needs of your particular organization.
- 3. OPTIONAL: Consider compiling a list of ideas and disseminating a basic survey to employees to ensure the event aligns with their specific values of self-care.

AUGUST WATER CONSERVATION

In August, we're showing employees how much water is being wasted and offering simple steps to conserve water through basic habits.

- 1. HASHTAG: Send an all-staff email to spread awareness of #GoWithTheLowFlow, low-flow technologies and simple conservation habits. Each green team can come up with its own way to use this hashtag to promote participation in a World Water Week event sometime between August 25–30, 2019.
- 2. ACTIVITY: Print out several graphics from this [Global News](#) article, which visually demonstrate the amount of water Canadians waste regularly, mostly through inattention. Place them in high-visibility spots around the office or at home.
- 3. OPTIONAL: Investigate places that have good sales on low-flow technology, such as dual-flush toilets, which use only half the water per flush and can also save up to \$100 per year in water costs. Send an email to staff encouraging them to make home upgrades that can save them money.

The #AlwaysSustainable campaign is aiming for easy and practical solutions that can collectively reduce energy consumption. We believe that these green team activities are important steps in helping each Epic property across Canada control and reduce its energy costs.

 @Epic_AlwaysOn  Epic Investment Services Join the conversation: #AlwaysSustainable

If you would like to be on our green team distribution list, send your name, address and contact info: as@epicinvestmentservices.com

