

TeamCheck

For a Healthy Vet Team and Workplace



Open communication:

It's important to speak openly and ask for help.



Healthy coping strategies:

Increasing resilience helps with managing workplace stressors.



Self-care first:

Taking breaks promotes healthy habits for eating, exercise and rest.

A healthy vet team



Encourages self-care:

Promote manageable workloads and taking breaks at work.



Creates a supportive environment:

It's important to ask for help without hesitation and extend support whenever possible.



Accesses professional resources:

Become familiar with employee assistance programs and ways to increase overall well-being in the workplace.

An Initiative By:

**Ontario Collaborative
for Well-being in
Veterinary Medicine**

For more information and resources

visit cvo.org/teamcheck or call **1-800-424-2856 extension 2401**

Ontario Collaborative for Well-being in Veterinary Medicine includes the College of Veterinarians of Ontario, Ontario Association of Veterinary Technicians, Ontario Veterinary Medical Association, and Ontario Veterinary College.