

# 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 [oavt.org/wellness-resources/](https://oavt.org/wellness-resources/)

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.

