

*In times of change,
I always take my breaks, without exception.*

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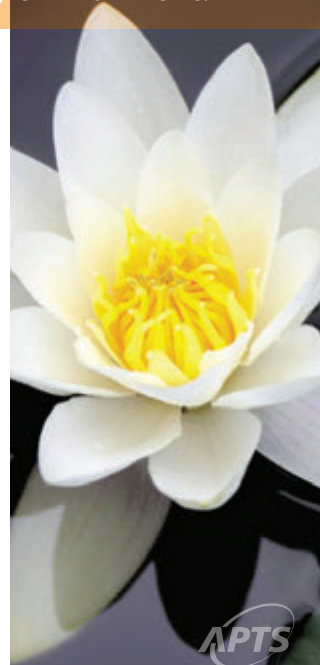
“Take a few breaks to finish more quickly.”
Georges Herbert



*In times of change,
I'm entitled to a healthy environment.*

Handwriting practice lines consisting of 15 horizontal dotted lines on a white background.

*This right is governed by a number of laws. Consult the APTS web site
under "SST" for further details.*



*In times of change,
my well-being and that of my co-workers are a priority.*

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"The secret to happiness is feeling good about yourself."



*In times of change,
I make sure I have a healthy lifestyle.*

A series of horizontal dotted lines for writing.

Thirty minutes' exercise is quality time, and in a group, it's even better.



*In times of change,
I keep my stress under control.*

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*“Stress is an ignorant state. It believes that everything is an emergency.”
Nathalie Goldberg*



*In times of change,
I don't call into question the value of my contribution.*

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32,000 indispensable personnel, standing together in the face of changes!



*In times of change,
it's important to cultivate civility in order to preserve a good work climate.*

*Civility is not a question of manners...
Alan Cohen*



*In times of change,
my APTS union is an essential source of support.
I make a point of using its services.*

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Feel free to contact members of your local team!



2015 annual activity:

In times of change

in our public system, this note pad offered by the provincial occupational health and safety and sustainable development committee reminds us of strategies that can help in managing daily stress.



www.aptsq.com