

How Wellness Impacts Veterinarians

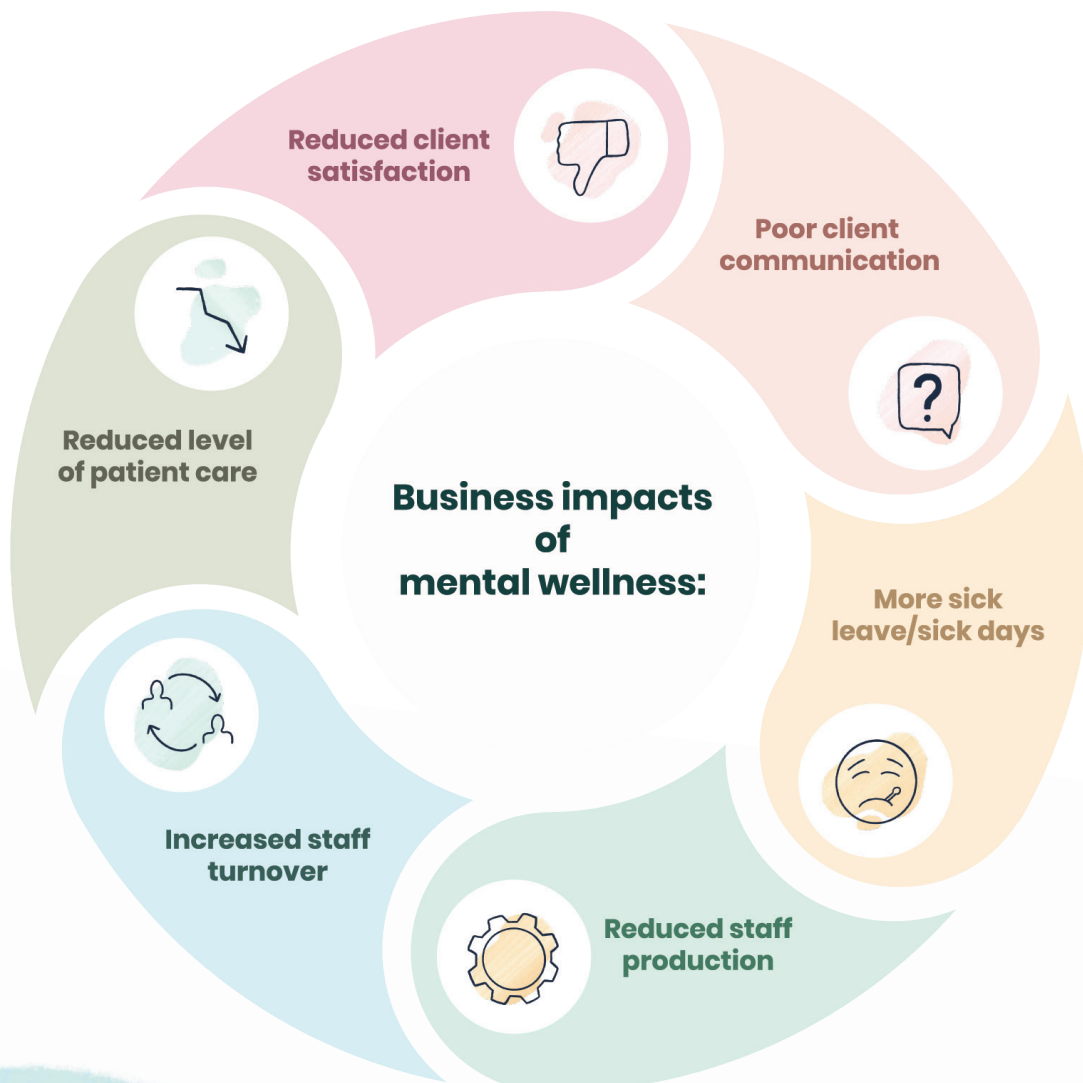
Supporting wellness is good for you, your associates, and your practice. Veterinarians are a high risk group for occupational stress and poor mental health.

You can be experiencing mental wellness issues and still be functioning at a high level. Mental health issues and poor mental wellness contribute to a number of negative outcomes for individuals and the workplace.

Poor mental health is a contributing factor to the relatively high level of death by suicide that has been well-recognized in the profession.



62% of OVMA members reported they are experiencing stress and anxiety.



Your Guide to a Happy Life as a Veterinarian

As we learn more about mental health and wellness as a society, we're beginning to understand that veterinarians in particular face many different challenges in practice and receive little training to cope. This is why the Ontario Veterinary Medical Association created **I Matter**.



I Matter

Your mental health and well-being are within your control. **I Matter** offers a variety of tips and strategies to help manage and improve your wellness.



We Matter

The health and well-being of your team matters. **We Matter** offers tips for fostering a supportive team culture that supports one another to function as a unit.



Business Matters

Creating a workplace environment that prioritizes employee wellness matters. **Business Matters** offers tips and strategies that will help your practice reach its goals while supporting employee health, wellness, and growth.

I Matter is a platform to equip Ontario veterinarians with knowledge and strategies to help them better cope with and respond to the challenges they face in their professional and personal lives.

Visit www.i-matter.ca

Wellness. Resilience. Care.