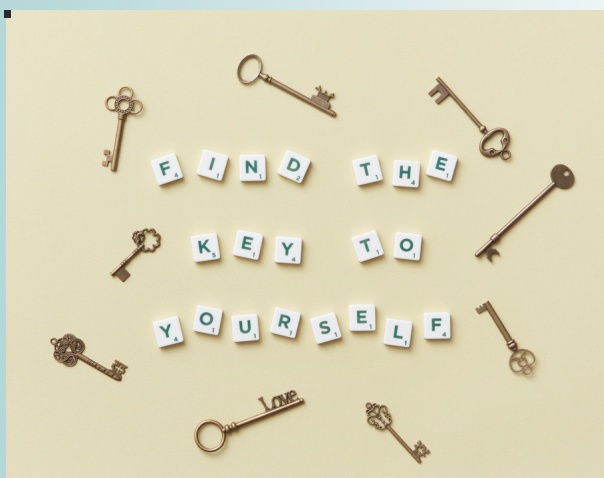




September is Self-Awareness Month: Enhance Your Wellbeing

Self-awareness is vital for your mental health and wellbeing. It is the ability to see yourself clearly and objectively through reflection and introspection.



The importance of self-awareness:

- It gives us the power to influence outcomes.
- It helps us to become better decision-makers.
- It gives us more self-confidence.

Wellbeing Tips for Autumn

How to reset your routine:



- Start small - Making little switch-ups to your daily routine can make a big difference to your overall health, mood and wellbeing over time.
- Reset your approach to food this Autumn - focusing on whole foods, healthy grains and fresh fruit and vegetables.
- Autumn can be a great time to re-evaluate spending habits from the summer and to reign back on certain money traits.

Move More September

Moving is a great way to keep active and improve your overall mental health and wellbeing.



Why not set a goal this September for yourself to move more and become more active? This will help to increase levels of physical activity and movement across your week.

Youth Mental Health Day Monday 19th September 2022

Youth Mental Health Day (YMHD) encourages understanding and discussion of mental health in young people, enabling them to live happy and healthy lives all year round.

For more information and resources, keep an eye on: <https://youthmentalhealthday.co.uk>
Our EAP can also provide support regarding this.

Download our Employee Assistance App 'My Healthy Advantage' to avail of the September wellbeing initiatives.

Code: MHA192107

