

November

Men's Health Awareness Month

November is Men's Health Awareness Month with International Men's Day falling on November 19th. Men's Health Awareness Month is dedicated to shining a spotlight on a wide range of men's health issues.

The Movember Foundation are creating positive change for men's health by raising awareness and educating men year-round, and through the take-over of the month formerly known as November. For more information please follow - <https://uk.movember.com/about/foundation>



International Stress Awareness Day Wednesday 2nd November 2022

International Stress Awareness Day is a day to remind yourself not to stress about situations that are out of your control.



The Public Health Agency highlights the signs and symptoms of stress and what we can do to tackle stress in our lives. For more information please follow this link - <https://www.publichealth.hscni.net/news/watching-out-signs-stress-and-ways-deal-it>

Dealing with the Financial Pressures of Christmas

The cost of living is adding additional financial pressures to Christmas. For guidance on how to cope with financial stress around Christmas follow the link- <https://www.moneyhelper.org.uk/en/savings/types-of-savings/saving-money-for-christmas>

Tips on how to deal with the additional pressures:

- Create a realistic budget.
- Avoid the trap of unnecessary spending.
- Take advantage of seasonal deals.

