



October



World Mental Health Day Monday 10th October 2022

The theme for World Mental Health Day 2022, is **'Making mental health and wellbeing a global priority for all'**.

Show your support for mental health and order a green badge on <https://www.mentalhealth.org.uk/our-work/public-engagement/green-ribbon-mental-health-awareness>. All proceeds go towards finding and addressing the sources of mental health problems.



Ways to improve your mental wellbeing this Autumn

- Reframe unhelpful thoughts.
- Be in the present.
- Get good sleep.
- Connect with others.
- Live a healthy life.
- Do something for yourself.

Day Light Saving Ends Sunday 30th October



Falling Back in the Fall

Tips for Coping with the Time Change:

1. A bigger sleep cycle - try going to bed 30 minutes earlier.
2. Bedtime is downtime - avoid screen time close to bed time.
3. No cheating - extra caffeine and naps are not a quick fix.
4. It gets darker earlier - get out for a walk or run earlier than usual. Reflective clothing is necessary in the dark evenings.

Breast Cancer Awareness Month

This month BreastCancerUK are highlighting ways you can get active to reduce your risk. By increasing the amount of physical activity you do, you can significantly reduce your risk of breast cancer.

<https://www.breastcanceruk.org.uk/breast-cancer-awareness-month/>



Why not get involved with **Wear It Pink At Work** to show support for Breast Cancer Awareness.