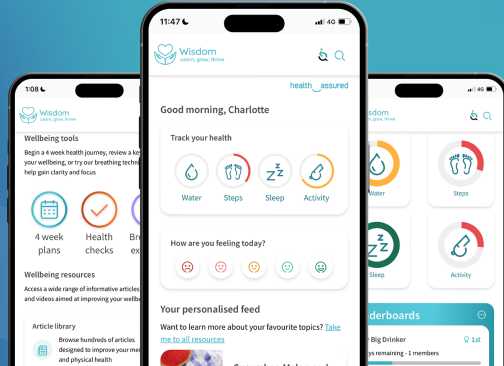




Health and Wellbeing Monthly

The latest news from Health Assured

Supporting you with the latest mental health and wellbeing news.



International Stress Awareness Week

International Stress Awareness Week runs from 30th of October to the 3rd of November to raise awareness of stress around the world and improve the ways in which stress is managed in the workplace and in our personal lives.

Are you suffering from seasonal depression?

Seasonal Affective Disorder (SAD) is a type of depression that's related to changes in the seasons, affecting over 2 million people in the UK every year.

Read our Wellbeing Guide to learn how to spot the symptoms and where to turn to for wellbeing support.

[Wellbeing Guide](#)

The Mental Health Hour



The **Mental Health Hour** answers your questions on a range of mental health topics live on our Instagram page. We have a qualified counsellor on hand to discuss this month's topic, **Self-Esteem**. Make sure to send in your questions to [@healthassured_](#)

Click the link below to download October's Q&A: **Men's Mental Health**.

[Mental Health Hour](#)

Peace of Mind Podcast



In Episode #17 of our video podcast, **Kayleigh Frost** speaks to Nicola Thompson about **Menopause** and it's affect on **women's mental health and wellbeing**. An insightful conversation about the symptoms, challenges, and support available.

Watch and listen to the podcast by clicking the below link.

[Peace of Mind](#)



Productive
Playlist



Playlist of the Month by Health Assured

Get productive

Get in the right frame of mind for productivity and listen to tunes that will help improve your focus and concentration whilst you work, study, or head to the gym.

[Health Assured Spotify](#)



November's Webinar

Toxic Relationships

In this month's webinar, we discuss toxic relationships and look at how unhealthy connections can undermine your emotional wellbeing.

For viewers who require subtitles, please click the settings icon.

[Watch now](#)

Your latest health and wellbeing articles

Trauma support for Israel and Hamas Conflict



The effects of the Israel and Hamas conflict can be physically and emotionally devastating. There are steps you can take to reduce the trauma and help you cope.

[Read more](#)

How does Menopause affect mental wellbeing?



Menopause is mostly known by its physical symptoms. However, there can be some challenging mental and emotional effects that need bringing into focus.

[Read more](#)

International Stress Awareness Week

International Stress Awareness Week aims to highlight the dangers of too much stress and focuses on relinquishing the stigma against stress and mental health.

[Read more](#)

Are you suffering from Seasonal Depression?

Seasonal Affective Disorder (SAD) is a type of depression that's related to changes in the seasons, affecting over 2 million people in the UK every year.

[Read more](#)

Prefer to print off these articles?

[Download here](#)

*PDF viewer is required to open this file. Adobe Reader can be downloaded [here](#).

Awareness Days in November

International Stress Awareness Day	1 st	World Kindness Day	13 th
Talk Money Week	6 th - 10 th	Anti-Bullying week	13 th - 17 th
Purple Tuesday	7 th	World Diabetes Day	14 th
Social Media Kindness Day	9 th	International Men's Day	19 th
		November	Month



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