

Health & Wellbeing Bulletin

Summer 2023

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Welcome to the Summer issue of your Mental Health & Wellbeing bulletin

Thank you again to everyone who took the time to complete the Employee Wellbeing and Engagement survey.

From comments and feedback received, you will hopefully have all heard now of our two fantastic new salary sacrifice schemes available to you as an employee.

Tech – Buy yourself a new laptop or tablet for home

Gym – Spread the cost of your Membership for 12 months

Please see the posters in your staff area or ask your Administrator if you haven't received the email with full details.

The sunshine has finally blessed us with its appearance, let's hope it's here to stay for some time.

Take Care everyone and look after each other – Sue

Wellness Action Plans

Promoted by Mind.org, a Wellness Action Plan reminds us what we need to do to stay well at work – and details what we can do to look after our own mental health and wellbeing. It also helps us to develop an awareness of our own working style, stress triggers and responses, and enables us to communicate these with our manager and colleagues.

There is a guide for people in a workplace and also a guide for line managers to help us implement Wellness Actions Plans across our teams.

Click [HERE](#) to sign up

Employee Assistance Programme (EAP) with Health Assured

Don't forget our confidential employee benefit designed to help you deal with personal and professional problems that could be affecting your home life or work life, health, and general wellbeing. 0800 028 0199



Useful Apps helping you to budget and save money



Chip – Link your current account and Chip will analyse your spending



Plum – Round up your purchases to the nearest pound in a savings account



Monzo – digital bank that allows separate saving pots for your budgeting

Mental Health Awareness Week

Anxiety was the theme of Mental Health Awareness Week 2023 which ran last week hosted by the charity, Mental Health Foundation.

Across the UK, people are encouraged to get involved by sharing their experience of anxiety and the things that can help with the hashtag #ToHelpMyAnxiety.

Anxiety is a normal emotion in us all, but it can sometimes get out of control and become a mental health problem. Click on the link below for an article of how to help manage feelings of anxiety.

[Coping with Anxiety](#)

Why you should keep a work diary?

1. Improves organisation & sharpens focus

Work can get hectic fast and it's easy to get swarmed with emails, tasks and deadlines. With a work diary, you can start the day with clarity by getting all your responsibilities in order. Writing down your tasks helps you get a clearer view of the day and makes it easier for you to craft a systematic action plan. A focused and organised action plan then facilitates better focus and productivity at work.

2. Continuous self-improvement

Every new day is a new learning opportunity, and a work diary helps you make use of this to the fullest. When you use a work diary to reflect on what you've achieved that day and how you performed, you'll grow to become more aware of your strengths and weaknesses. Then, you can plan and take action steps to improve on your weaknesses and build on your strengths.

3. Deal with negative emotions

Making mistakes and receiving constructive criticism are inevitable parts of life and work, yet it is also completely natural to feel upset by it. Your work diary can be a space for you to work through these negative emotions in a productive manner. Rather than stewing in your frustration, writing down your feelings can help you clear your head and get back to work faster.

Tips for starting your own work diary

- 1. Write down what you hope to achieve** - At the start of every work day (or in the mornings before you head to work), start of your work diary with some goal-setting. Take a moment to write down 1 to 3 things you want to achieve or learn today.
- 2. Write down what you've actually achieved** - At the end of the day, write down a list of the things you've achieved. For example, the tasks you completed, any new tasks or projects undertaken, and any new lessons you've learned.
- 3. A space for problem-solving** - If you're facing any problems at work, writing them down in your work diary can help facilitate and speed up the problem-solving process. You should also always reflect on these events and think about what you've learned from this experience.
- 4. A place for your thoughts and feelings** - A work diary can also be a place for you to write about your thoughts and feelings at work. In those moments, a work diary can be your private place to vent these emotions and thoughts. Sometimes, just writing down your stream of consciousness can leave you feeling much lighter, more relaxed, and more prepared to tackle the rest of the day. You should also write down any positive feelings about work in your work diary as well! Acknowledging good events and positive thoughts will help you feel good. You can even refer to past entries for a quick pick-me-up on bad days.

Conclusion

Work plays a huge part of our adult lives, which is why it's important to find ways to enrich it as much as possible! With a work diary, you can become a more put-together person at work and constantly strive for new ways to do more and do better.

Recipe idea for you

15-minute chicken & halloumi burgers – Quick and easy that the whole family will love (serves 4)

Ingredients

2 skinless chicken breasts
Heat oil in a large pan
1 tbsp oil
4 tbsp piri-iri/or other mild chilli sauce
½ lemon juiced
Burger buns split
250g block halloumi, sliced into 8
¼ small white cabbage
2tbsp mayonnaise
4 tbsp hummus, tzatziki or soured cream
Handful of rockets
2 large roasted red peppers from a jar

Method

- 1. Bash chicken breasts until 1cm thick, cut each into two pieces**
- 2. Heat two frying pans, one with the oil. Fry chicken for 3-4mins each side until cooked through. Season**
- 3. Reduce heat, drizzle in chilli sauce, and half the lemon juice, cook for 1-2mins until reduced, remove from heat**
- 4. While chicken cooks, toast buns in dry pan for 30secs. Transfer to a plate then fry halloumi, add a little more oil if needed, for 30secs each side**
- 5. Toss the cabbage with mayo and rest of juice**
- 6. Spoon hummus (or dip of choice) onto buns, top With rocket, chilli chicken, halloumi and peppers. Drizzle with a little more sauce. Spoon over Cabbage, season pepper and top with bun lid**



Special Days coming up.....

Jun 2 – National Fish & Chip day
Jun 8 – National Best Friends day
Jun 23 – National Porridge day
Jul 3 – Plastic Bag Free day
Jul 11 – Cow Appreciation day
Jul 17 – Global Hug your kids day
Aug 1 – National Night Out
Aug 8 – National Happiness day
Aug 9 – National Women's day
Aug 19 – World Honey Bee day
Sep 8 – Stand Up To Cancer day
Sep 21 – World Gratitude Day

Inspiring Quote

“However difficult life may seem, there is always something you can do and succeed at.” – Stephen Hawking