

Health & Wellbeing Bulletin Autumn 2021

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

As the nights start to draw in and the fires are lit, we all need to make sure we keep safe, stay happy and continue to support our mental health & wellbeing. It's that time of year when the temperatures creep down and the rainy days appear even more frequent than normal. The coughs, colds and flu-like symptoms increase, so please all make sure you reduce your chances of illness (including Covid-19) and boost your mental health in the process. Get out and about to exercise on those rare sunny autumnal days, nothing beats a good kick about in the fallen leaves! Continue to prioritise your personal hygiene with hand washing and consider wearing those face masks still in crowded indoor places. Watch your diet and make time for relaxation whenever you can.

Take Care and Stay Safe – Sue

Employee Assistance Programme (EAP) with Health Assured

A reminder of 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. Our EAP service provides a complete support network, with expert advice and compassionate guidance 24/7.

Services Available

- Life support
- Legal information
- Bereavement support
- Medical information

Helpline Services - Health Assured also offers support for you and your immediate family members, 24 hours a day, 7 days a week, 365 days a year by calling 0800 028 0199.

Breaking the taboo of Menopause in the workplace

Menopause appears to be a top subject at the moment, highlighting the symptoms and understanding of this natural part of ageing for a woman. Most women will experience menopausal symptoms during their working life and some say it has a negative impact on their work.

What were once easy tasks now become a chore, causing women to feel demotivated and disengaged. The stigma in the workplace often makes this situation even more frustrating.

Open, honest communication is important and staff should be able to speak about it freely to their colleagues if they wish.

Understanding and being sensitive is a must when listening and most of all confidentiality, so that women can trust their employer with personal details and problems.

<https://www.balance-menopause.com/>



Useful Apps for advice, guidance and resources



Be Okay



**Cove: Music for
Mental Health**



**NHS Easy
Meals**

How to organise your workload

Follow these steps to organize your workload for less stress and more success...

1. **Number your to-do lists** – lists take seconds, but add structure to your entire day
2. **Review your workload** – Stop to consider the demands of your role and how it can affect you
3. **Set distraction-free time** – Real work takes place when you are in the zone, so make sure you switch off from time to time.
4. **Take regular breaks** – You can only give so much before you need to stop and top up those energy levels

Understanding good mental health

Your mental health influences how you think, feel, and behave in daily life. It also affects your ability to cope with stress, overcome challenges, build relationships, and recover from life's setbacks and hardships.

Strong mental health isn't just the absence of mental health problems. Being mentally or emotionally healthy is much more than being free of depression, anxiety, or other psychological issues. Rather than the absence of mental illness, mental health refers to the presence of positive characteristics.

People who are mentally healthy have:

A sense of contentment.

A zest for living and the ability to laugh and have fun.

The ability to deal with stress and bounce back from adversity.

A sense of meaning and purpose, in both their activities and their relationships.

The flexibility to learn new skills and adapt to change.

A balance between work and play, rest and activity, etc.

The ability to build and maintain fulfilling relationships.

Self-confidence and high self-esteem.

How to boost your mental health

Anyone can suffer from mental or emotional health problems—and over a lifetime most of us will. This year alone, about one in five of us will suffer from a diagnosable mental disorder. Yet, despite how common mental health problems are, many of us make no effort to improve our situation.

We ignore the emotional messages that tell us something is wrong and try toughing it out by distracting ourselves or self-medicating with alcohol, drugs, or self-destructive behaviours. We bottle up our problems in the hope that others won't notice. We hope that our situation will eventually improve on its own. Or we simply give up—telling ourselves this is “just the way we are.”

The good news is: you don't have to feel bad. There are practices you can adopt to elevate your mood, become more resilient, and enjoy life more. But just as it requires effort to build and maintain physical health, so it is with mental health. We have to work harder these days to ensure strong mental health, simply because there are so many ways that life takes a toll on our emotional well-being.

<https://www.helpguide.org/articles/mental-health/building-better-mental-health.htm>

Autumnal Recipe idea for you – Sweet treat!

Toffee Apple Bread & Butter Pudding – Bonfire night treat meets classic comfort food in this doubly delicious dessert that you won't be able to resist

Ingredients

3 red dessert apples
juice 1/2 lemon
4 tbsp golden caster sugar
397g can caramel (Carnation)
6 brioche finger rolls, sliced into rounds
3 eggs
400ml full-fat milk
200ml double cream
1 tsp vanilla extract

Method

1. Core the apples, slice into rings, toss thru lemon juice and 2tbsp sugar. Spread 2/3 of caramel over base of large baking dish
2. Layer brioche and apple rings into dish overlapping. Dot spoonfuls of remaining caramel here and there. Whisk eggs, milk, cream and vanilla extract and 1tbsp sugar and pour over. Wrap in clingfilm and chill for 30mins.
3. Heat oven 170C/150C fan/Gas 3, remove Clingfilm, scatter remaining sugar and bake for 45-50mins until golden and puffed up!

Serve with vanilla ice-cream or custard

Inspiring Quote

“What mental health needs is more sunlight, more candor, and more unashamed conversation.” – Glenn Close



National Days coming up.....

Nov 3 – Stress Awareness Day

Nov 13 – World Kindness Day

Nov 26 – Cake Day

Dec 10 – Xmas Jumper Day

Dec 13 – Hot Chocolate Day

Jan 20 – Cheese Lovers Day

Jan 25 – Burns Night

Feb 5 – Wear Red day

Feb 7 – British Yorkshire Pudding

Day