

Health and wellbeing monthly newsletter

The latest news from HA | Wisdom Wellbeing

Welcome to December

Each month, we bring you the latest news from mental health and wellbeing here at HA | Wisdom Wellbeing. This month, we're focusing on **Self-care and reflection**.

Besides the month's festivities, we'll also be observing World AIDS Day, National Grief Awareness Week, International Day of People with Disabilities and Human Rights Day. To better understand the topics of these awareness days and to maintain yours and your colleague's wellbeing, we have equipped you with in-depth articles, downloadable resources and more.

If you or someone in your organisation is struggling or showing signs of poor mental health, our EAP offers 24/7 access to live chat and phone sessions with qualified counsellors, 365-days a year.

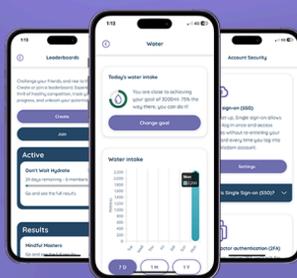
Wisdom App

We've got a brand-new look!

We've spruced up the Wisdom app with a brand-new look and feel.

Check it out for yourself

[Download now](#)



Wisdom is your one-stop shop for mental and physical wellbeing. Download to access a wide-range of features, such as 24/7 counselling support, perks and discounts, recipes, articles, exercise routines and much more.



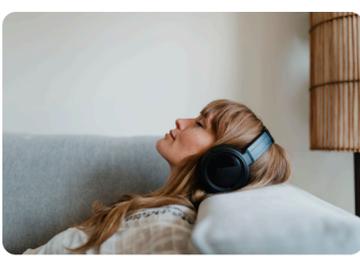
Podcast library

Explore some our previous podcasts from our extensive library, covering a whole host of topics that focus on your wellbeing needs, and the shared experiences of a range of special guests.

[Watch now](#)

Your monthly articles

What is self-reflection?



Negative stress can be a huge hindrance on your productivity and output in the workplace. Find out how to manage this stress in our new blog post.

[Read more](#)

How to discuss mental health issues with your partner



Discussing mental health issues with a partner is never easy. Discover how to bring up the conversation while protecting your own wellbeing.

[Read more](#)

How sleep can benefit your work and mental wellbeing



We all need sleep to function at our best. Discover how adequate sleep can support work, productivity and your mental health.

[Read more](#)

How to deal with loneliness



Feelings of loneliness can strike during the festive period. Discover the signs, causes and how to cope with your feelings.

[Read more](#)

Resources

With the festive season upon us, it has us reflecting on ways we can care for ourselves and manage stress – particularly if working over the festive period:

- Infographic - [Holiday stress: How to keep calm](#)
- Poster - [How well are you managing holiday stress?](#)

[Download resources](#)

What our employees are loving this month



Tension, confrontation, loneliness and anxiety are no strangers during the festive period. Our employees are loving this guided meditation – it helps to identify patterns and triggers that may arise during the holidays and beyond.

[Download Wisdom](#)

Coming next month

We will be focusing on **Goal Setting and Mental Health Awareness**, including an infographic, and more.

Follow us

To keep up with all the latest discussions surrounding workplace wellbeing, follow our socials:

