



# Health and wellbeing monthly newsletter

The latest news from HA | Wisdom Wellbeing



Accredited  
Service



At HA | Wisdom Wellbeing, we are proud to be the UK's only national EAP provider to be accredited by the BACP (British Association of Counsellors and Psychotherapy) and NCPS (National Counselling and Psychotherapy Society).

## Welcome to November

Each month, we bring you the latest news on mental health and wellbeing here at HA | Wisdom Wellbeing. This month, we're focusing on **Men's Health & Financial Wellbeing**.

Throughout November, we'll be observing **November, Men's Mental Health Month, Disability History Month and much more**. 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 Assistance Programme offers 24/7 access to live chat and phone sessions with qualified counsellors, 365-days a year.

## Wisdom App

Your one-stop shop for mental and physical wellbeing can be found on the Wisdom App. Download to access a wide-range of features, such as those noted

below and even more, including podcasts, recipes, articles and exercise routines.



You have an amazing benefit to use, download Wisdom now for more information. Wisdom is also available on your browser

Wisdom app is where you can access information and resources at a time that suits you. Speak to counsellors, get advice on legal and financial matters, read the helpful guides and access to delicious recipes, all at your fingertips.

- Wellbeing trackers
- Live chat with counsellors
- Mini health checks
- Mindfulness tools
- Exclusive discounts
- Four-week health plans

[Find out 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

### Best Self-Care Strategies for Stressful Times



Negative stress can be a huge hinderance on your productivity and

### Tips for Dealing With Stress at Work



Stress at work can be difficult to deal with, especially with deadlines on the

output in the workplace. Find out how to manage this stress in our new blog post.

[Read more](#)

## Gratitude & Mental Health



Gratitude has been proven to have a wide range of mental health benefits. Discover how gratitude can benefit you.

[Read more](#)

horizon. Discover how to effectively manage stress at work.

[Read more](#)

## Drop Doomscrolling



What is doomscrolling and how does it impact our mental health? Discover how to curb it and use social media mindfully.

[Read more](#)

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## Peak Performance: The Impact of Mental Health in the Workplace Whitepaper

Discover how mental health has impacted the workplace in our latest whitepaper.



[Find out more](#)

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## Resources

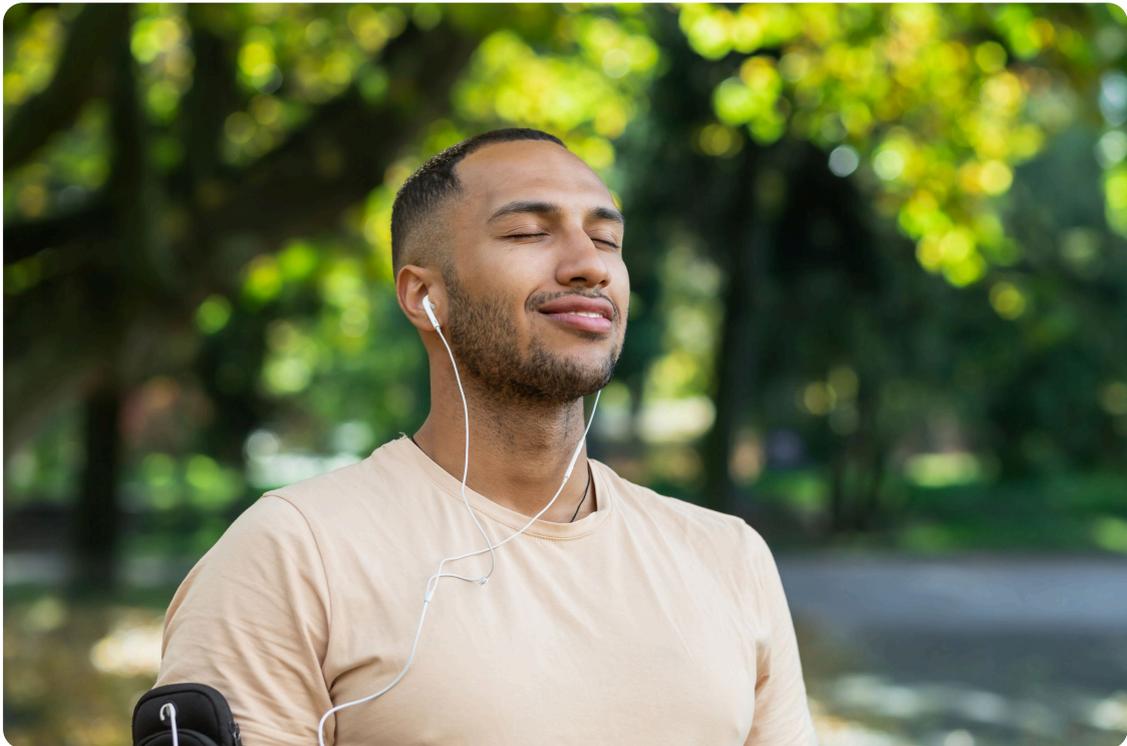
November is also the month of Movember. This month's resources, are catered towards what Movember is about and how to partake in and celebrate the event, as well as support male colleagues and their mental health :

- Infographic - How Movember raises awareness of men's health
- Poster - How well do you support men's mental health?

[Download resources](#)

## What our employees are loving this November

### Working Towards Acceptance - Meditation



Process your emotions and gain acceptance for emotions through deep enquiry and understand the stages of denial. Give the 'Working Towards Acceptance' meditation session a try on the Wisdom App.

[Download Wisdom](#)

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## Coming next month

We will be focusing on **Self-Care & Reflection**, including an infographic, guide and more.

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## Follow us

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





Google Rating

4.8 ★★★★★

[See all our reviews](#)

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collective mark



 National  
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