

Health and wellbeing monthly newsletter

The latest news from HA | Wisdom Wellbeing

Welcome to August

Each month, we bring you the latest news from mental health and wellbeing here at HA | Wisdom Wellbeing, exclusively through the **Wisdom app**. This month, we're focusing on **Employee Engagement & Mental Health**.

Open the Wisdom app to access this month's articles, resources and wellbeing support. Available 24/7, the app provides everything from everyday wellbeing tools and healthy lifestyle guidance to expert support for more complex personal or professional challenges.

Whatever your wellbeing needs, Wisdom is here to help.

[Open Wisdom](#)



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App Store



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Access all of our amazing benefits on your smartphone or web browser

Speak to counsellors, get advice on legal and financial matters, read helpful guides and access delicious recipes – all at your fingertips!



Wellbeing trackers



Mini health checks



Live chat with counsellors



Four-week health plans



Mindfulness tools



Exclusive discounts



Positive You Journal



Wisdom Academy

[Find out more](#)

Download Wisdom now to access our 24/7 mental health, legal and financial guidance via live chat, telephone and/or video call.



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It's your last chance to win a free Smartwatch!

To enter, simply download the Wisdom app, and regularly interact with the app to be automatically entered into the prize draw.

You can do this by reading a few articles, listening to some breathing techniques or by finding some healthy recipes. By improving your wellbeing, you are in with a chance to win a free smartwatch!



WIN

a free
Smartwatch

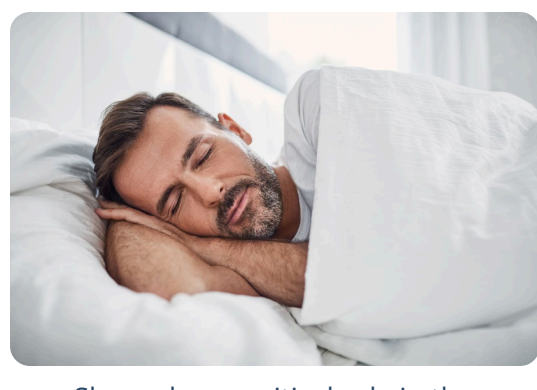


The competition runs until 31st July 2026 at midnight. The more you use the Wisdom app, the more chances you have to win!

[Download Wisdom](#)

Your monthly articles

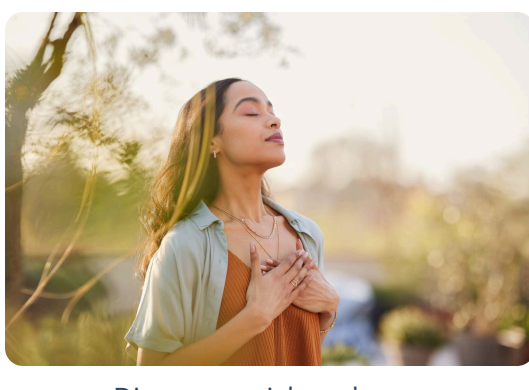
Sleep better in September



Sleep plays a critical role in the functioning of all aspects of our body and brain.

[Read more](#)

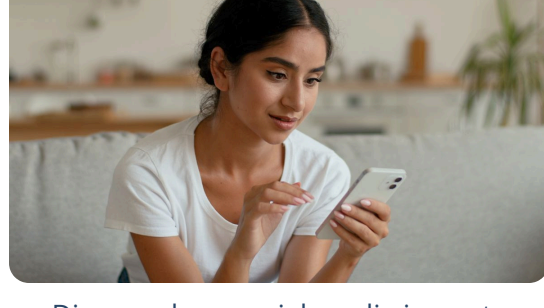
Better sleep meditation & mindfulness



Discover quick and easy techniques rooted in mindfulness to improve sleep quality.

[Read more](#)

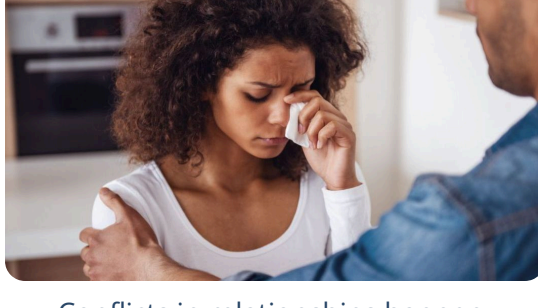
Impact of social media on mental health



Discover how social media impacts our mental health, sleep and work performance.

[Read more](#)

Tips for healthy conflict resolution in relationships



Conflicts in relationships happen. Discover how to handle them in healthy, productive ways.

[Read more](#)

Coming next month

We will be sharing more content on **Suicide Prevention & Stress Management**.

Follow us

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

