

Health and wellbeing monthly newsletter

The latest news from HA | Wisdom Wellbeing

Welcome to June

Each month, we bring you the latest news from mental health and wellbeing here at HA | Wisdom Wellbeing. In June, we're focusing on **Physical Wellbeing**.

We're here to support your wellbeing needs 24/7, using the **Wisdom app**.

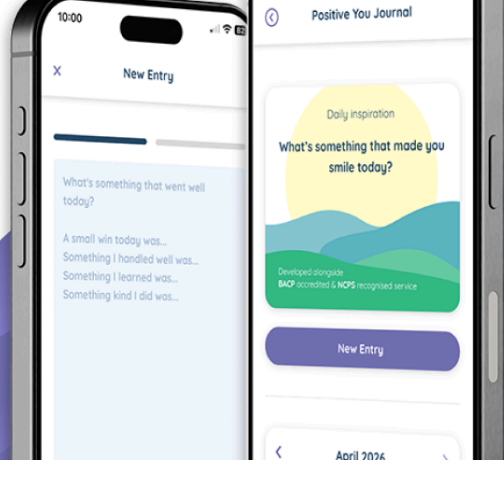
Whether it's for everyday concerns such as a healthy lifestyle, consistent wellbeing or it's a specific issue that requires expert support, it is all available through the Wisdom app.



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Introducing Positive You Journal

Take a look at our brand new in app feature



Our brand-new Positive You Journal is designed to help you build healthy, positive and long-term habits. Rooted in CBT techniques, you'll be able to log an entry about a positive moment in your day. Rest assured that journal entries are completely anonymised.

[See how it works](#)

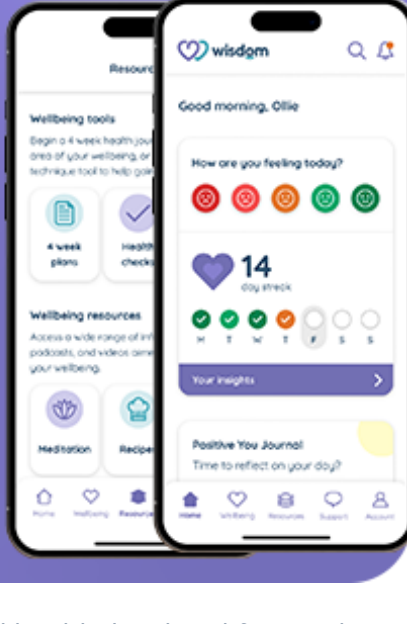
Access all of our amazing benefits on your smartphone or web browser

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

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

[Find out more](#)

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



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



Add to the fun and make it a communal competition by encouraging others to download the Wisdom app for the chance to win.

The competition runs until 31st July 2026. The more you use the Wisdom app, the more chances you have to win! Download the Wisdom app and get started today.

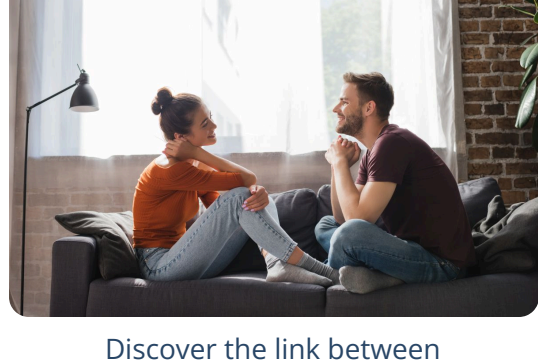
Podcast library

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

Love relationships and mental wellbeing



Discover the link between relationships, mental health and wellbeing.

[Read more](#)

Workplace friendships and mental health



Discover how workplace friendships have a positive effect on our mental health.

[Read more](#)

Self-care routines for beginners



Find a beginner-friendly, self-care routine that works for you.

[Read more](#)

The impact of worrying about money



Discover how finances can directly impact our mental health.

[Read more](#)

Coming next month

We will be sharing more content with on **Social Wellbeing & Work-Life Balance**.

Follow us

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

