

Health and wellbeing monthly newsletter

The latest news from HA | Wisdom Wellbeing

Welcome to May

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

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

Wisdom Refresh

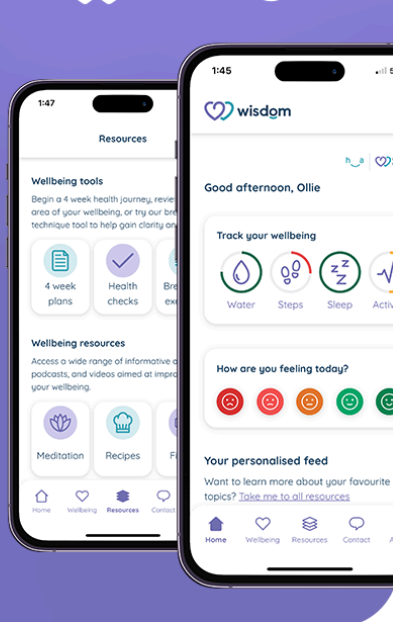
The Wisdom App has recently undergone an update to improve navigation, providing you with a cleaner, simpler and more engaging experience on our dedicated wellbeing platform.

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 perks & discounts

[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.

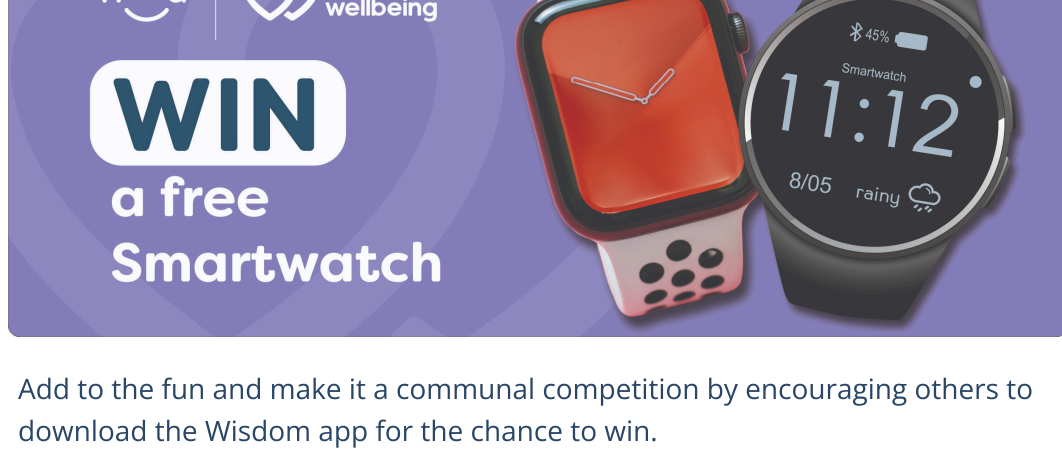


Win a free Smartwatch!

We're giving away one smartwatch to help support your fitness and wellbeing.

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!



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!

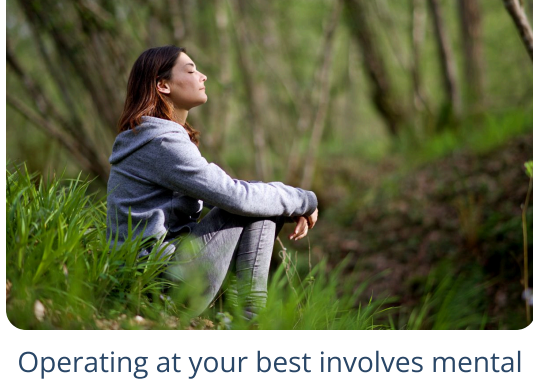
Download the Wisdom app and get started today.

[Download Wisdom](#)

[Watch now](#)

Your monthly articles

Mental fitness: what you need to know



Operating at your best involves mental fitness as well as physical. Here's what you need to know.

[Read more](#)

Journaling for mental health benefits



Journaling allows a person to reflect and understand their current feelings. Here's how it can support mental wellbeing.

[Read more](#)

How anxiety affects mental health and wellbeing



Anxiety can have a huge impact on a person's wellbeing and lead to further concerns if left unchecked.

[Read more](#)

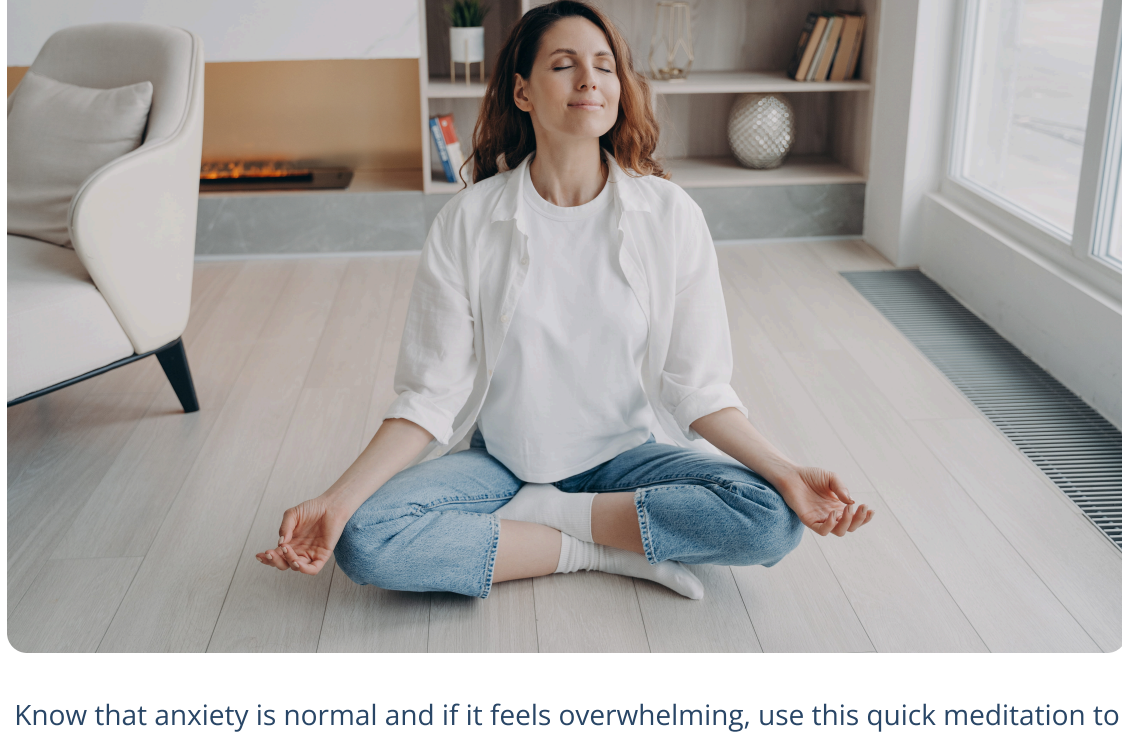
Stigma surrounding mental health



Mental health stigma has always existed. Discover what mental health stigma is, and how to reduce it in the workplace.

[Read more](#)

What our people are loving this month



Know that anxiety is normal and if it feels overwhelming, use this quick meditation to refocus on the breath and calm yourself.

[Download Wisdom](#)

Coming next month

We will be sharing more content with on **physical wellbeing**.

Follow us

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

