

Hello and welcome to our September Wellbeing Update, bringing you practical hints and tips for your health and wellbeing. We cover a range of subjects which we hope will be of interest to you, your family and friends.

September Wellbeing Reset



For some of us it feels easier to get into healthy habits and routines during the summer months, getting out into the fresh air, eating fresh foods and of course the vitamin D boost from all the sunshine we've had. For others, the summer months are filled with disrupted routines, juggling of childcare, holidays, work and social plans.

But there is something about September that feels like a natural opportunity to reflect and reset before busy schedules takeover and bad habits creep back in. Building small, realistic changes into our daily routines can help improve our energy levels, concentration and overall resilience both in work and at home.

Throughout September, why not challenge yourself to try one small habit?

- **Work well** - Take regular breaks, move more throughout the day and make space for focused work. Look at the demos on the lighthouse to how outlook features can support this.
- **Stay hydrated and nourish your body** - Keep hydrated, eat regular meals and choose nutritious snacks.

- **Protect your work-life balance** - Set healthy working patterns and switch off properly at the end of the day.
- **Prioritise sleep and recovery** - Create healthy sleep hygiene that helps you rest, fully recharge and feel your best. Every Mind Matters shares some practical hints and tips to support your sleep.

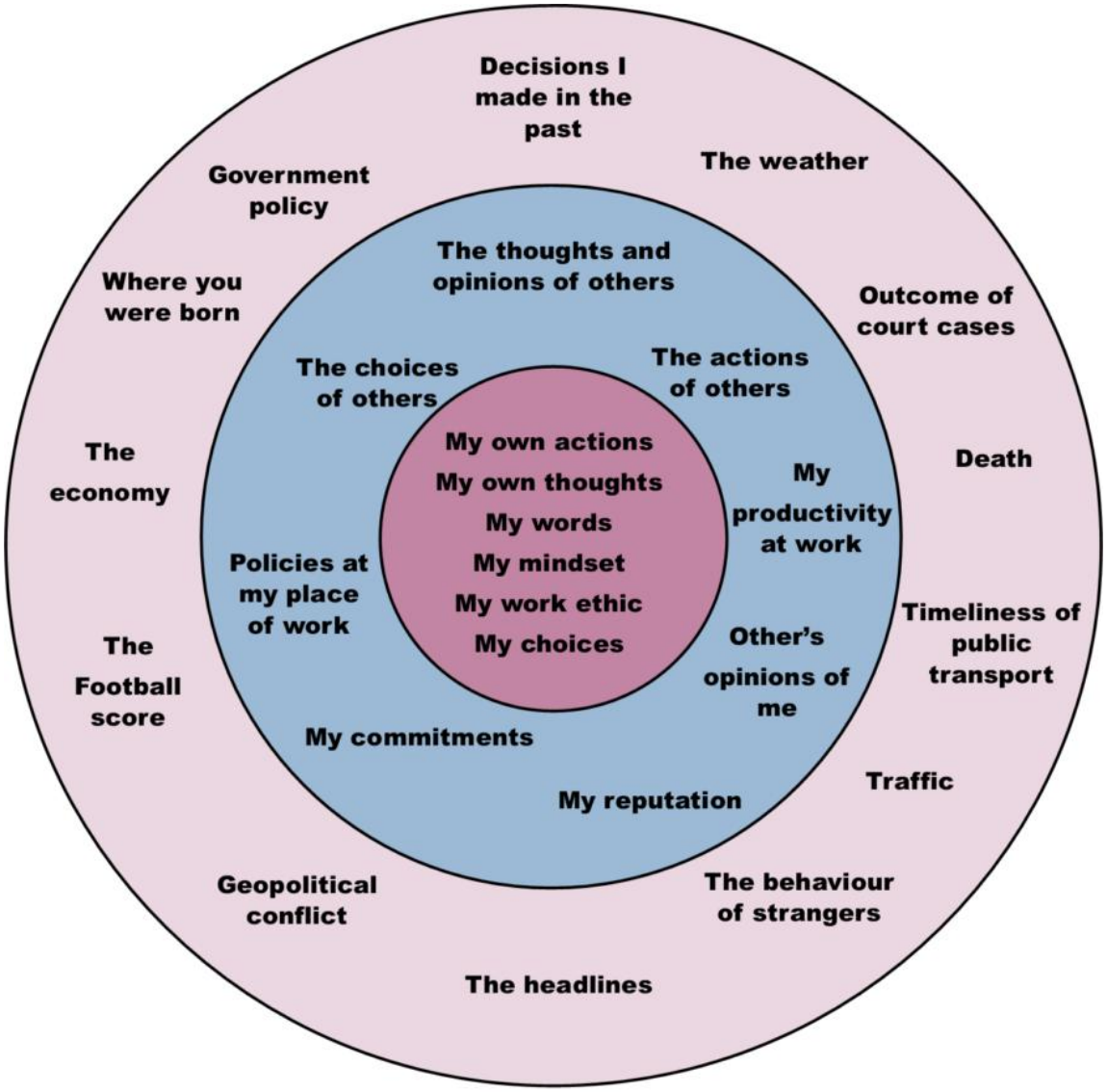
Our Golden Practices are also available to help you achieve the right balance between being productive and maintaining a positive approach to your health and wellbeing at work each day.

Remember, wellbeing isn't about making huge changes overnight. The most lasting improvement often come from small, manageable steps that become part of everyday life.

Navigating Uncertainty and Change

During times of change, it's natural to experience uncertainty. Whilst uncertainty can feel uncomfortable, it is a normal part of change and something we all experience from time to time. Although we can't always control what is happening around us, we can control how we react to it, which can help ease some of the worry and anxiety we feel.

One helpful approach is the Circles of Control, it looks at how we respond to change, helping us understand what we can control, what we can influence and what we are concerned about but can't control. It focuses our energy on what we can control and influence, such as our actions, mindset and wellbeing.



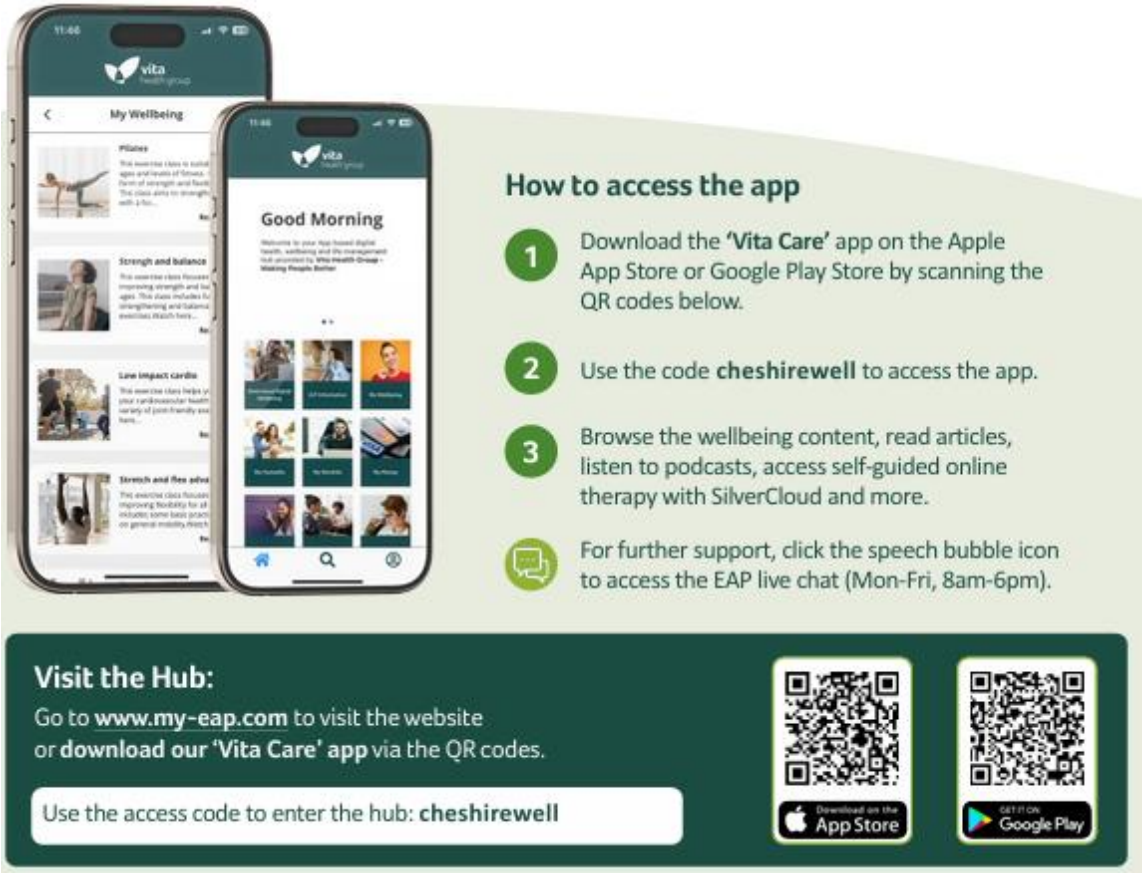
Inner circle: Circle of Control
Middle circle: Circle of Influence
Outer circle: Circle of Concern

Don't forget to talk to others, you're more than likely not alone in feeling like this, particular during times of change at work, and speaking to others, even if it's just to share your worries can help. And most importantly, be kind to yourself.

Every Mind Matters have shared top 10 tips for dealing with uncertainty and change, why not take a look.

Download the Wellbeing Hub App Today!

Did you know you can access wellbeing support right from your phone? The free **Vita Care** app, available through our Employee Assistance Programme, brings together a wide range of wellbeing tools and resources in one convenient place. From self-guided therapy and expert wellbeing articles to podcasts, exercise classes, recipes, and live chat support, there's something for everyone. Download **Vita Care** from the Apple App Store or Google Play Store and enter '**cheshirewell**' to start exploring today.



Don't forget there are places you can turn to for extra support. Further details on this are available on our staff pages. If you have any winter wellbeing tips you would like to share, please send them to Organisational Development.

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