

# HEALTH AND WELLBEING MONTHLY

Newsletter - March 2023

## Welcome to the latest issue from Health Assured

Bringing you all the latest mental health and wellbeing advice.

Relax & improve flexibility with our new yin yoga class



**This beginner-friendly yin yoga class is a perfect way to wind down after your work day.**

Yin yoga is a more relaxed style that focuses on holding poses for longer and breathing deeply. Yin yoga can help to increase circulation, improve flexibility, reduce stress and improve joint mobility.

You can find this yoga class and many more in the **My Healthy Advantage App!**

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## The Mental Health Hour

**January**

Achieving Goals



January's session for the Mental Health Hour was on 'Achieving goals'. Click below to view and download the Q&As.

[Mental Health Hour](#)

## February

Dealing with Difficult Situations

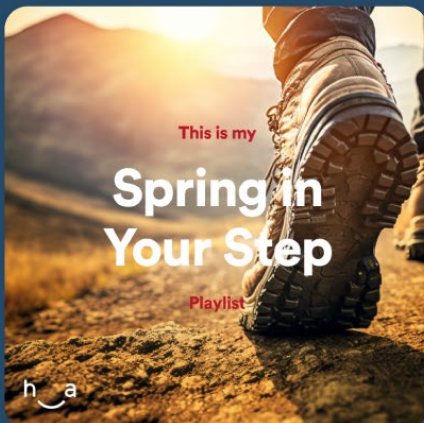


Don't forget!

February's session on 'Dealing with difficult situations' will take place on February 22nd! An email will be sent the day before to remind you.

Why not follow us on Instagram and get notified when the stories go live!

[Health Assured Instagram](#)



## Playlist of the Month

by Health Assured

### Spring in your step

Spring is on the way, get moving with this selection of groovy tunes.

[Health Assured Spotify](#)



## Webinar

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### Health Anxiety

In this month's webinar, we are educating about health anxiety.

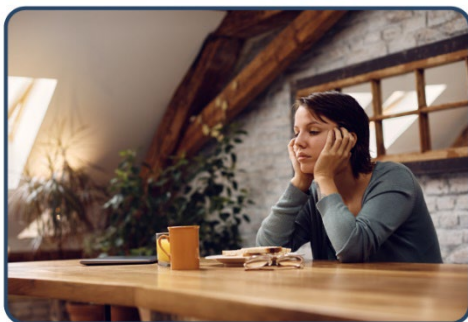
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For viewers who require subtitles, please click the settings icon.

[Watch now](#)

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## Your monthly articles

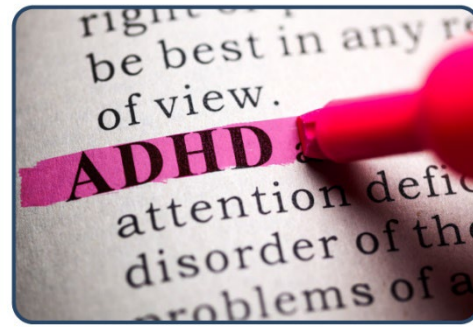


**Supporting an employee with an eating disorder**

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Eating disorder awareness week is just around the corner (25th February – 3rd March). And this year, we're helping you understand...

[Read more](#)



## Neurodiversity

It's estimated that roughly 1 in 7 people in the UK are neurodivergent. Meaning their brain functions, learns and processes information differently than others...

[Read more](#)

Prefer to print of these articles?

[Download here](#)

\*PDF viewer is requires to open this file. Adobe Reader can be downloaded [here](#).

## Your Exclusive Monthly Download

Our monthly downloads are great assets to print off and signpost employees to the EAP. This month's unique asset is on the topic of 'Prostate cancer'.

[Download Now](#)

## Enhanced Services

Looking to further enhance mental health support for your employees? View our full list of workshops and webinars available [here](#). To book a workshop click below.

[Enquire now](#)

## Your monthly MHA & BrightTV webinar: Thursday 7th March 11:00am-12:00pm

Our in-house experts will showcase the features of our industry-leading wellbeing app *My Healthy Advantage* and preview our video series *Bright TV*.

[Book my place](#)



### AWARENESS DAYS IN MARCH

<b>to 5<sup>th</sup></b> Eating Disorder Awareness Week	<b>21<sup>st</sup> - 27<sup>th</sup></b> Neurodiversity Celebration Week
<b>2<sup>nd</sup></b> World Book Day	<b>19<sup>th</sup></b> Mother's Day
<b>8<sup>th</sup></b> International Women's Day	<b>21<sup>st</sup></b> International Day for the Elimination of Racial Discrimination
<b>13<sup>th</sup></b> No Smoking Day	<b>26<sup>th</sup></b> Daylight Savings
<b>18<sup>th</sup></b> World Sleep Day	<b>31<sup>st</sup></b> International Transgender Day of Visibility



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

