

health assured

## HEALTH AND WELLBEING MONTHLY

Newsletter - April 2023

### Welcome to the latest issue from Health Assured

Bringing you all the latest mental health and wellbeing advice.

THE UK  
**HEALTH &  
PROTECTION  
AWARDS**

We've been shortlisted!

Please show your support and vote for us as the  
"Best Wellbeing Provider"

[VOTE HERE](#)



Let go of stress meditation

Ease tension and regain a sense of calm with this short and sweet two-minute meditation.

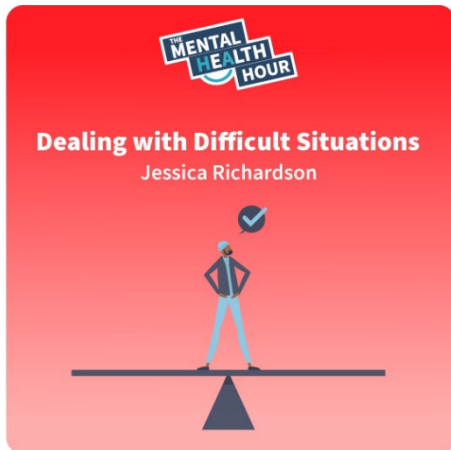
Use this pause to reconnect and let go of stress whenever you need it.

You can find this meditation and many more in the **My Healthy Advantage App**.

# The Mental Health Hour

## February

Dealing with difficult situations



Last month's session for *The Mental Health Hour* was on 'Dealing with difficult situations' and is now available as a highlight on our Instagram page. Your questions and answers are also available in the PDF below and posted in the newsletter section of the portal alongside previous sessions to access at any time.

[Mental Health Hour](#)

## March

Woman's mental health



March's session will be on 'Woman's mental health'. The Q&A box goes live at 9am on Thursday 30th March. Our in-house counsellor will answer your questions and the answers will be posted on Friday 31st March at 12pm via our Instagram stories! An email will be sent the week of to remind you of the session!

[Health Assured Instagram](#)



## Playlist of the Month

by Health Assured

### Sweet Dreams

Drift off for a peaceful night's slumber with the most serene sounds.

Health Assured Spotify



## Webinar

### Coping with Loss

In this month's webinar, we are educating about coping with loss.

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

Watch now

---

## Your monthly articles



### World Day for Safety & Health at Work

Health and safety at work form a huge part of your duty of care as an employer...

[Read more](#)



### International Stress Awareness Month 2023

Celebrated every April, Stress Awareness Month is an annual event that aims to...

[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 '10 tips to manage stress'.

[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](#)

## Free live webinars

### Your monthly MHA & BrightTV webinar: Thursday 13th April 14:00pm-15:00pm

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 APRIL

<b>Month</b> Stress Awareness Month	<b>7<sup>th</sup></b> World Health Day
<b>Month</b> IBS Awareness Month	<b>16<sup>th</sup></b> World Voice Day
<b>Month</b> National Pet Month	<b>22<sup>nd</sup></b> Mother Earth Day
<b>2<sup>nd</sup></b> International Children's Book Day	<b>28<sup>th</sup></b> World Day for Safety & Health at Work
<b>2<sup>nd</sup></b> World Autism Awareness Day	