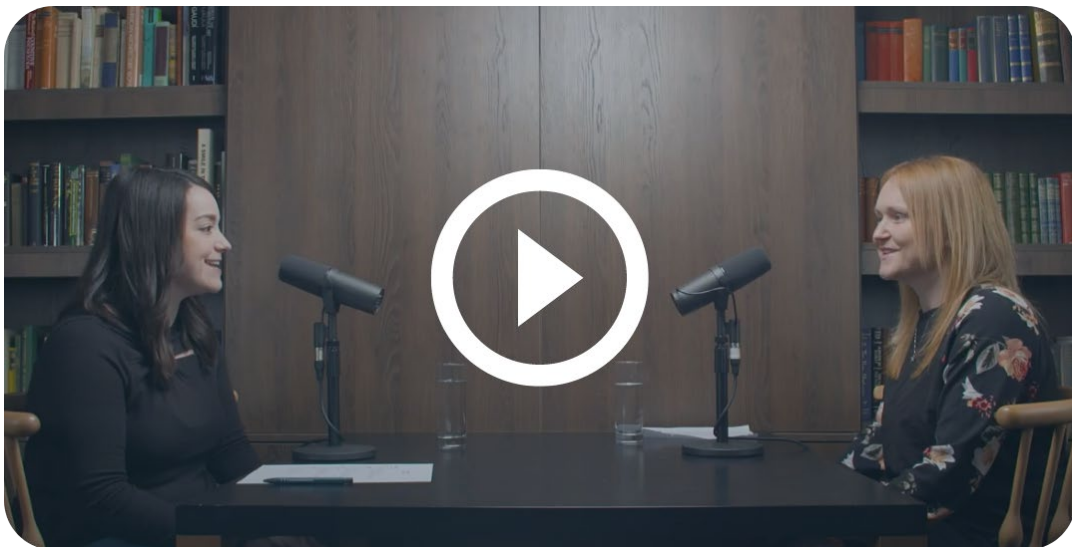


HEALTH AND WELLBEING MONTHLY

Newsletter - May 2023

Welcome to the latest issue from Health Assured

Bringing you all the latest mental health and wellbeing advice.



Peace of Mind Podcast - Eating Disorders

In the latest episode of our Peace of Mind Podcast, Kayleigh chats to our in-house counsellor Amy Hyman about Eating Disorders. This insightful conversation dives deep into different kinds of eating disorders, the impact that social media plays and tips for reaching out if you are struggling.

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

The Mental Health Hour

March

Women's Mental Health



Woman's Mental Health
Jessica Wilkinson

Last month's session for *The Mental Health Hour* was on 'Women's Mental Health' 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](#)

April
Sleep



April's session will be on 'Sleep'. The Q&A box goes live at 9am on Wednesday 26th April. Our in-house counsellor will answer your questions and the answers will be posted on Thursday 27th April 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

Mindful Morning
Set yourself up for the best day ever by starting it right!

[Health Assured Spotify](#)



Webinar

Mental Health Awareness Week

In this month's webinar, we are educating about Mental Health Awareness Week.

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

[Watch now](#)

Your monthly articles



Power of Attorney

A Power of Attorney (LPA) is a legal document which allows an individual (donor) to give another individual the right to manage their affairs and make decisions on their behalf if they lose mental capacity...

[Read more](#)



Tackling OCD

For individuals with Obsessive Compulsive Disorder (OCD), the workplace can present unique challenges...

[Read more](#)



Preventing burnout

Imagine a car, running on empty, drained of fuel, jittering on with *no juice left*. That's how burnout feels. Devoid of energy...

[Read more](#)

Prefer to print of these articles?

[Download here](#)

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

AWARENESS DAYS IN MAY

Month National Walking Month

2th-8th Deaf Awareness Week

13th-20th Mental Health Awareness Week

