

health  assured

# Health and Wellbeing Monthly

The latest news for Leaders & Managers



## The Mental Health Hour



The **Mental Health Hour** answers your questions on a range of topics live on our Instagram page. We have a qualified counsellor on hand to discuss November's topic: **Disabilities**.

Read October's Q&A:

**Menopause.**

[Mental Health Hour](#)

## Peace of Mind Podcast



In Episode **#28** of our original podcast series, **Sofia Feghali** talks to **Melissa Dhillon**, a Performance Coach about **Burnout, Disconnecting and Setting Boundaries**.

Watch and listen to the podcast by clicking the below link.

[Peace of Mind](#)



Watch Wisdom Live On-Demand

Neurodiversity at Work: Facing the Neuro-Adversity

In the latest webcast, our panel of experts take a deep dive into the essential strategies for cultivating a resilient and mentally healthy workforce.

**Your monthly articles**

## Why Workplace Friendships are Crucial for Mental Health



The average person will spend 90,000 hours at work over their lifetime. So, for many of us it is important to develop and maintain good relationships with our colleagues.

[Read more](#)

## Transgender Awareness Week 2024



Transgender Awareness Week aims to raise understanding and awareness for the transgender community and the struggles and discrimination they still face today.

[Read more](#)

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PEAK  
PERFORMANCE health assured

### Award-winning Wellbeing services

Our award-winning wellbeing services are designed to elevate your organisation by reducing absenteeism, staff turnover, and boosting your productivity to greater heights.

We've launched Peak Performance as the most comprehensive wellbeing strategy for your organisation, allowing you to proactively get ahead of mental health challenges before they arise



[Talk to an expert](#)

### Wellbeing Webinar - Mental Health Awareness

Monday 11th November

15:00 - 15:30

Our Wellbeing Webinars are powerful learning tools that professionals from across all industries can apply to improving skills and developing an understanding of a range of health and wellbeing issues that may affect an individual's wellness and productivity.

#### In this webinar, you will learn:

- The importance of mental health awareness in the organisation
- To tackle stigmas and attitudes
- How to support individuals who are suffering

[Book my place](#)



### Your monthly Wisdom

#### & BrightTV Webinar:

Wednesday 13th November

11.00 - 11.45am

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

[Book my place](#)

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**Calm Before The Storm**  
Playlist

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**Playlist of the Month**  
by Health Assured

**Calm Before The Storm**

A collection of quiet and peaceful tracks that herald a moment of calm before the storm featuring The Paper Kites, Ethel Cain, and Maggie Rogers.

Health Assured Spotify

| Awareness Days in November          |   |                  |                                |
|-------------------------------------|---|------------------|--------------------------------|
| Month                               | November                                    | 6 <sup>th</sup>  | Stress awareness day           |
| Month                               | Disability History Month                    | 13 <sup>th</sup> | Social Media Kindness Day      |
| 5 <sup>th</sup> - 9 <sup>th</sup>   | International Stress Awareness Week         | 13 <sup>th</sup> | World Kindness Day             |
| 11 <sup>th</sup> - 13 <sup>th</sup> | Anti-Bullying Week                          | 19 <sup>th</sup> | International Men's Day        |
| 13 <sup>th</sup> - 19 <sup>th</sup> | Trans Awareness Week                        | 19 <sup>th</sup> | Purple Tuesday                 |
| 18 <sup>th</sup> - 24 <sup>th</sup> | International Leadership Week               | 20 <sup>th</sup> | Transgender Day of Remembrance |
| 25 <sup>th</sup> - 10 <sup>th</sup> | 16 Days of Action Against Domestic Violence |                  |                                |