STAFF HEALTH AND WELLBEING COUNTDOWN TO CHRISTMAS
DECEMBER 2021

1. Maintaining a healthy diet can be difficult at busy times like these. It can be easy to fall into unhealthy eating patterns of behaviour that end up making you feel worse. Try to eat healthy, well-balanced meals and drink enough water. CLICK HERE TO LEARN MORE

2. It’s a great day to let your friends know how much they mean to you. Just make that call and make a plan to do something nice over the holidays. CLICK HERE TO LEARN MORE

3. Stress impacts every aspect of a person’s life and has a significant effect on one’s overall sense of wellbeing. Take control of buying the perfect present for your child at Christmas. The truth is, the best gift you can give them is taking the time to play with them. CLICK HERE TO LEARN MORE

4. If you are working from home, you could try exercising indoors. There’s lots of free online classes for you to go on try one. CLICK HERE TO LEARN MORE

5. Put down that to-do list and do something uplifting like getting busy outside to give your body a natural boost. CLICK HERE TO LEARN MORE

6. COVID-19 is still here. We are facing challenges every day and it’s not easy! Go to minding your wellbeing, it provides you with a unique opportunity to learn about mindfulness, gratitude, self-care and resilience. It will help you to get through this. CLICK HERE TO LEARN MORE

7. Times like these are worrying and your mental health can be affected. But there are many things you can do to mind your mental health. CLICK HERE TO LEARN MORE

8. Social prescribing focuses on health rather than illness. It is about your community working for and with you. CLICK HERE TO LEARN MORE

9. It’s easy to get caught up in the stress of buying the perfect present for your child at Christmas. The truth is, the best gift you can give them is taking the time to play with them. CLICK HERE TO LEARN MORE

10. Take a mindful walk and take a moment to notice what you see, hear and smell. Take a few deep breaths and smile. CLICK HERE TO LEARN MORE

11. Above all else, it’s best to remember that things don’t have to be perfect and, quite often, won’t be. It doesn’t matter though, because Christmas should be a time for letting go and having fun. CLICK HERE TO LEARN MORE

12. Today’s the day of the HSE Staff Christmas Concert join us! CLICK HERE TO LEARN MORE

13. Every day may not be good, but there is something good in every day and remember it’s ok to ask for help. CLICK HERE TO LEARN MORE

14. ‘Play it Safe this Christmas and throughout the year. Visit sexualwellbeing.ie for information on your sexual health and wellbeing’

15. With technology playing such a huge part of the family Christmas, there are times when it’s important to put mobile devices to one side and come together and play. Visit makeastart.ie

16. Christmas can mean an increase in our alcohol intake if you are worried take our alcohol test to find out more about what type of drinker you are and the impact of your drinking. CLICK HERE TO LEARN MORE

17. Check out the health and wellbeing initiatives for staff currently in place to enhance workplace health and wellbeing. CLICK HERE TO LEARN MORE

18. What can be better than opening presents, eating food and singing Christmas music? Sing along with HSE Choirs. CLICK HERE TO LEARN MORE

19. Make 2022 the year you QUIT. The HSE Quit Programme can help you stop smoking for good. Whether you’ve tried to quit before or this is your first attempt, we can offer you support and encouragement. www.quit.ie

20. Our physical health has a big impact on how we feel try our new free exercise classes. CLICK HERE TO LEARN MORE

21. Minding Your Wellbeing is so important. CLICK HERE to find some simple tips to develop and maintain a positive outlook by Minding Your Wellbeing

22. One more sleep!

23. Our physical health has a big impact on how we feel try our new free exercise classes. CLICK HERE TO LEARN MORE

24. You made it! Happy Christmas to you and your family from HSE Health and Wellbeing

25. Follow us on Twitter @HsehealthW at HSE Health and Wellbeing on YouTube and subscribe to our mailing list here: www.email.ezine.ie

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