**Your Employee & Volunteer Assistance Programme (EVAP)**

**Manager’s Monthly Wellbeing Newsletter**

**January 2024 Edition**

**Happy New Year!**

We want to wish you a very Happy New Year from everyone at Health Assured with this month’s top articles and videos for an improved EVAP service.

Please access your EVAP portal [online](https://rnib.sharepoint.com/:w:/r/sites/YourRNIB/_layouts/15/Doc.aspx?sourcedoc=%7B802D4F76-93B3-4F27-9F0F-46812C1CB854%7D&file=EVAP%20-%20Summary%20Document.docx&action=default&mobileredirect=true), via Health Assured’s brand new Wisdom AI [app](https://rnib.sharepoint.com/:w:/r/sites/YourRNIB/_layouts/15/Doc.aspx?sourcedoc=%7BF8F1DED7-191D-41DC-92D4-64CA692688EA%7D&file=WisdomAI%20App%20-%20FAQs.docx&action=default&mobileredirect=true) or dialling the 24/7 helpline on 0800 028 0199 or +44 161 836 9498 from outside the UK.

**The Mental Health Hour** – Have your questions on mental health answered live on Instagram by a qualified counsellor. Make sure to send in your questions to @healthassured\_ for this month’s topic on Sticking to Resolutions and click the link to download December's Q&A: [Managing Stress](https://pages.healthassured.org/rs/047-RGT-212/images/Mental%20Health%20Hour%20Q%26A%20-%20January%20Edition.pdf?version=0&mkt_tok=MDQ3LVJHVC0yMTIAAAGQkolW1UXElPAwqWeA6B0y5nQXXzMAiBvE6Xy63zMzhxc3_6vT95Li34XHKcJK2J7TLotjeNFblLOgXLCTEAV-UZWowiiiPIxFuci7YXnDX-tTtQY5).

**Peace of Mind Podcast** - [**Kayleigh Frost** talks to **Andy Lang** about **Financial Wellbeing**](https://www.youtube.com/watch?v=lZABmzTa2Hk)**.** Andy is the Founder and CEO of Munny Group and provides a fascinating insight into financial empowerment and handy tips on how to look after your financial wellbeing.

**Playlist of the Month –** With a free Spotify account, you can indulge in Health Assured’s [playlist of the month](https://open.spotify.com/playlist/0T4G4HXkEfeNdytTuaCVNZ?mkt_tok=MDQ3LVJHVC0yMTIAAAGQkolW1o0yzCpDvejfq49RAxbaQ-trFyLVgEcEjdG9qin3O-QyoUhLo0-uhnfbwfWqZWknDiISkT6t0SvVXA0bbp-sjPYoEqhrMI254cT2-HW4OKa5) during your day to day activities, let us know what you think.

**How can management combat burnout? -** [The importance of taking time and switching off to avoid burnout](https://healthassuredeap.co.uk/the-importance-of-taking-time-and-switching-off-to-avoid-burnout/) can help you get ahead of [burnout](https://youtu.be/Y0PURj85eZs) as it can lead to presenteeism, job dissatisfaction, low productivity, long term sickness and at times resignations.

**Encouraging stress management –** An all-time must, equip your people and indeed yourself to recognise and adopt healthy and effective [stress management](https://youtu.be/3atjyZ8c6hk) skills.

**Combating grief after the festive period -** Although grief does not discriminate against individuals, time and nature, the aftermath of the festive period can lead to peaks of grief for several reasons. Health Assured provides a general [grief guide to effective self-care](https://healthassuredeap.co.uk/effective-self-care-for-dealing-with-grief/).

**Identifying eating disorders in your organisation –** Access advice on understanding [eating disorders](https://healthassuredeap.co.uk/eating-disorders/), spotting the signs and offering support.

[**Seasonal Affective Disorder (SAD)**](https://www.youtube.com/watch?v=RgFbbaMvP1A) **–** You can watch Health Assured’s latest video on this [all-season disorder](https://www.youtube.com/watch?v=RgFbbaMvP1A) that can impact anyone.

This month [is Dry January](https://healthassuredeap.co.uk/?s=alcohol+&et_pb_searchform_submit=et_search_proccess&et_pb_include_posts=yes&et_pb_include_pages=yes) and [Veganuary](https://healthassuredeap.co.uk/vegan-diet/) and you can find several resources to help you take part such as trackers for [alcohol](https://healthassuredeap.co.uk/alcohol-check/). May this year bring health and prosperity for all.

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**Do you have trouble falling asleep? –** Health Assured has you covered with tips on how to overcome [common sleep problems](https://healthassuredeap.co.uk/common-sleep-problems/).

**Blue Monday 15 January - Finding the right wellbeing support**

We can all fall victim to this so you are not alone if you are suffering from low mood whether it is on [Blue Monday](https://healthassuredeap.co.uk/top-tips-for-battling-the-blues-this-blue-monday/) or any other time of the day throughout the year.

This month [is Dry January](https://healthassuredeap.co.uk/?s=alcohol+&et_pb_searchform_submit=et_search_proccess&et_pb_include_posts=yes&et_pb_include_pages=yes) and [Veganuary](https://healthassuredeap.co.uk/vegan-diet/) and you can find several resources to help you take part; such as trackers for [alcohol](https://healthassuredeap.co.uk/alcohol-check/). May this year bring health and prosperity for all.