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

**Employee & Volunteer Wellbeing**

**November 2023 Edition**

Your November wellbeing newsletter has finally landed, packed with a variety of resources and information for you to benefit from. You can access all materials in this edition and more from your [online portal](https://healthassuredeap.co.uk/)) or downloading the app (see final section for more details).

Remember that Health Assured’s counsellors are always waiting to discuss any issues you feel are relevant to your mental wellbeing. Our fully confidential 24/7 helpline is readily available to you by simply calling 0800 028 0199. Additionally, [Cognitive Behavioural Therapy](https://healthassuredeap.co.uk/online-cbt/) is also offered which can be a great support resource for anxiety, low mood or stress.

**International Stress Awareness Week**

International Stress Awareness Week runs from 7-11th November to raise awareness of stress around the world and improve the ways in which stress is managed in the workplace and in our personal lives. You can access resources such as [Stress Management](https://youtu.be/3atjyZ8c6hk), [Guide to the body recognising stress](file:///C%3A%5CUsers%5Csabdulatif%5CAppData%5CLocal%5CMicrosoft%5CWindows%5CINetCache%5CContent.Outlook%5CBOOQIDI4%5Ciframe%20title%3D%22vimeo-player%22%20src%3D%22https%3A%5Cplayer.vimeo.com%5Cvideo%5C261468194%3Fh%3D898834e823%22%20width%3D%22640%22%20height%3D%22360%22%20frameborder%3D%220%22%20%20%20%20allowfullscreen%3E%3C%5Ciframe) and [Mindfulness](https://youtu.be/Xz_U370Otjg) webinars and a [Managing Stress guide](https://healthassuredeap.co.uk/stress-2/) to really get the most out of this awareness week.

**Seasonal Affective Disorder**

Seasonal Affective Disorder (SAD) is a type of depression that’s related to changes in the seasons, affecting over 2 million people in the UK every year. People experience SAD throughout the year especially during Summer, Autumn and Winter due to weather and temperatures triggering low mood that impact lives over a varied length and severity level. Causes and symptoms vary between individuals. For instance, some people experience SAD due to changing weather conditions that impact hormones whilst others are affected due to genes. The symptoms also vary and can include a significant drop in interest for activities and pleasures previously enjoyed, a constant and unshakable feeling of worthlessness or hopelessness, constantly having to fight back tears on a daily basis, a significant reduction in sex drive, becoming less social, a constant low mood etc. Treatment is also dependent on the cause of SAD and though individualised to each case, can range from medication and talking therapies to light boxes that increase your exposure to sunlight. In many cases, Seasonal Affective Disorder can also be treated by taking up regular exercise, being outdoors more, and looking to get more sunlight daily.

With winter fast approaching and its association with increased SAD cases, your EVAP offers [top tips to ward off the winter blues](https://healthassuredeap.co.uk/winter-health-tips/).

**The Mental Health Hour**

Last month’s edition covered Mens Mental Health and you can still access [October’s Q&A](https://pages.healthassured.org/rs/047-RGT-212/images/Mental%20Health%20Hour%20Q%26A%20-%20November%20Edition.pdf?version=0&mkt_tok=MDQ3LVJHVC0yMTIAAAGPBVtmCZjWP7Y5hA0f3RJnbmuE8ar9KkxjDyR0AK_cTJZvOz0KXHdQvEKJEla-yoSzTsv6lPXalBYvLTtZntjO4XnsXRfAAQx-HnUJvUMx0cxrHEbG) for this. This month you can simply log in through your Instagram account and interact live with a qualified counsellor to discuss the topic of **Self-Esteem**.

**Peace of Mind Podcast**

In Episode #17 of our video podcast, Kayleigh Frost speaks to Nicola Thompson about [Menopause and it's effect on women's mental health and wellbeing](https://www.youtube.com/watch?v=jPgwCY5nfZs). An insightful conversation about the symptoms, challenges, and support available.

Menopause is mostly known by its physical symptoms. However, there can be some challenging mental and emotional effects that need bringing into focus. You can also access fundamental information about [the menopause](https://healthassuredeap.co.uk/menopause/) experience for yourself, friends or loved ones.

**Toxic Relationships**

In this month’s webinar, we discuss [toxic relationships and look at how unhealthy connections can undermine your emotional wellbeing](https://www.youtube.com/watch?v=5-i3Dve5FQ4). For viewers who require subtitles, please click the settings icon.

**Trauma Support**

The effects of both national and international affairs can be physically and emotionally devastating. Please contact Health Assured’s qualified counsellors via your EVAP’s confidential and judgement-free counselling services on [panic and trauma](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhealthassuredeap.co.uk%2Fmanaging-panic-and-trauma%2F&data=05%7C01%7Cshadia.abdulatif%40rnib.org.uk%7C31b74bb50a754d2be65308dbe43ebf6e%7C5d45337cd19243fcaa5805557c9171bc%7C0%7C0%7C638354730394512787%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=2NdG%2BTkYwv%2F%2BH6wyd%2BFqeUnos2W3mucezIGbXHDoCsM%3D&reserved=0) management.

**Calling all Spotify-ers (or sign up for free with the link below)**

Get in the right frame of mind for productivity and listen to tunes that will help you improve your focus and concentration whilst you work, study or head to the gym. Your EVAP has you covered with a choice of a [productive playlist](https://open.spotify.com/playlist/6C17lrdVr9mTPPkbyPLdT9?mkt_tok=MDQ3LVJHVC0yMTIAAAGPBVtmBQNY4B0g64nUNN2TqN1yT_zmWH-rkNljwRtvAyBbePe71mMOzaauhcpPrXHg2acEl5UdBqtsc63AIrFjryMy3OurpGvhtqdhtwMnyJNNRdfp) at the ready.

**Wisdom AI – your new EVAP wellbeing app!**

The health and wellbeing of our people is something we take seriously, which is why we’re proud to offer you a more efficient and accessible way to use the service. As part of our services, you now have access to Health Assured’s brand new app – WisdomAI which combines accredited counsellor knowledge with the latest articififial intelligence into a search engine you can trust. Wisdom will replace Health Assured’s current My Healthy Advantage App and online portal (healthassuredeap.co.uk). In- house professionals have answered thousands of questions across the helpline and we have compiled them all on this revolutionary platform that you can access anytime- anywhere!

Contact volunteering@rnib.org.uk or on 0303 123 9999 option 4 for details on how to sign in and more information.