

People Health and Wellbeing

Movember - November 2023

Movember is a chance to highlight the importance of men's mental health. Research suggests that men are less likely to reach out to others for support and three times as likely to die by suicide.

Whatever your gender, this month is an opportunity to take notice of what's going on in your mind and body. Here are some ways to do that:

'CAN DO' tips for mental wellbeing

- Connect - Boost your connections with others
- Active - Find ways to get more active
- Notice - Enjoy greater awareness of your environment
- Discover - Keep learning
- Offer - Give to others



The Men's Health Forum also provides information about physical and mental health, including the DIY Man MOT.

Join us on Tuesday 14th November for a workshop on Men's Health. Our staff dietitian will talk about 'Better Health for Men: Food and Drink Strategies to Promote Lifelong Health'.

Looking after your physical wellbeing

Whilst looking after your mental wellbeing is important, a big part of managing anxiety is looking after your basic needs that support your physical wellbeing. Try some of these tips to help with looking after your body so you can also look after your mind.

Sleep

A good night's sleep is important because it is when we can repair our body and mind through rest. To get a good night's sleep, it can help to improve your sleep hygiene. To find out more, visit this webpage.



[Improving sleep tips](#)

Nutrition and Hydration

Fuelling our bodies in a nutritious way can help with lots of things like our energy levels and how we feel physically. For more information on maintaining a nutritious diet, visit these webpages or contact the staff dietetics service.



[The Eatwell Guide](#)

As well as fuelling our bodies with nutritious food, we also need to keep our bodies hydrated by drinking plenty of water throughout the day. The recommended amount is 6-8 glasses of water or other liquids a day.



[Staff Dietetics](#)

Move your body

Research shows that moving your body and being less sedentary can help improve your physical and mental wellbeing. This can be in whatever way works for your mobility and fitness. Here are some places where you can find out more information on being more active.



[Physical wellbeing resources](#)

EWS November 2023 Workshops

Menopause Café



9:30 - 10:30
Wednesday 1st
November

Introduction to Assertiveness



13:00 - 15:00
Tuesday 7th
November

Stress Risk Assessment for Managers



9:30 - 11:30
Wednesday 8th
November

Men's Mental Health Workshop



10:00 - 11:30
Tuesday 14th
November

Introduction to Compassion & Self-Care



9:30 - 12:30
Wednesday 15th
November

Menopause Awareness



10:00 - 12:00
Tuesday 21st
November

Mindfulness Session



10:00 - 10:45
Wednesday 22nd
November

Please note:

The workshops are all online and are for Cardiff and Vale University Health Board Staff only.

Information Drop in sessions:

Tuesday, 7th November
University Hospital Llandough, Gwenwyn Ward
12 - 2pm

Wednesday, 8th November
Riverside Health Centre, Community Room
12- 2pm

Monday, 13th November
University Hospital of Wales, The Chapel B5
12 - 2pm

Wednesday, 15th November
Barry Hospital, Main Corridor
12- 2pm

For more information regarding our workshops
or drop ins you can find more on our twitter page
or by scanning our website QR code:



@EWS_CAVUHB



 EWS Webpage

Further Support for everyone

CALM – the Campaign Against Living Miserably was set up to try to reduce the number of male suicides. Whatever your gender, you can [access support online here](#). Or call the CALM helpline on: 0800 58 58 58, which is open everyday from 5pm - midnight.

The Employee Wellbeing Service can provide support through counselling, guided self-help and signposting to other resources or services. Contact the Employee Wellbeing Service on 02921 844465 or employee.wellbeing@wales.nhs.uk.

Canopi offers a free, confidential service that provides mental health support to NHS and social care staff working in Wales.

Samaritans offer a free, confidential telephone helpline where you can talk to someone about anything that is troubling you. The helpline is open 24 hours a day, 365 days a year. Call: 116 123

Maximus offers a free, confidential service to any employee with mental health difficulties that affect their work.

www.maximus.co.uk

Coming up in December

Next month's theme is 'Staying well over the festive season'.

If you are in crisis and do not feel you can keep yourself safe, contact your GP or the emergency services on 999 or 111.



**PEOPLE HEALTH &
WELLBEING SERVICE**
Occupational Health
Occupational Physiotherapy
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