

Welcome to the December 2024 edition of the West Midlands Wellbeing Blog



December Health and Wellbeing Dates:

December is **Seasonal Affective Disorder (SAD) Awareness Month**

World Aids Day – 1st

Disability History Month - 14 Nov - 20 Dec

International Day of Persons with Disabilities – 3rd Join [THRIVE](#), for an informative session on Tues 3rd Dec from 12.15pm to 1.15pm

Xmas Jumper Day – 12th (Save The Children)

Taking action against domestic abuse - The DWP campaign runs from 27 Nov - 10 Dec. Resources and information on the [16 Days of Action intranet site](#). Find a guide on ‘[what is domestic abuse](#)’, and colleague stories explaining different types of abuse and tell-tale signs to look out for, with links to guidance and specialist support.

5 Steps to Mental Wellbeing:

1. Connect with other people - **Start a Conversation** about mental health with friends, family, and colleagues to reduce stigma and provide a safe space for discussion.
2. **Be physically active**
3. **Learn new skills**
4. Give to others - **Share mental health resources**, articles, and helpline information.
5. **Practice Self-Care** that promotes your own mental well-being, such as mindfulness, exercise, or journaling.

Useful links:

DWP [Wellbeing Hub](#) for podcasts, resources, and additional content.

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

<https://www.nhs.uk/live-well/>

[Calculate your body mass index \(BMI\) - NHS - NHS \(www.nhs.uk\)](#)

Welcome to the December 2024 edition of the West Midlands Wellbeing Blog

[Sleep and tiredness - NHS \(www.nhs.uk\)](#)

[Prioritising mental health in the workplace: take some time for yourself | DWP Intranet](#)

HEALTHY XMAS RECIPES:

Looking for inspiration for a healthy Xmas dinner/pudding? Look no further.....

[Healthy Christmas recipes | Good Food](#)

BEST POST XMAS DINNER EXERCISE: WALKING!

Just after a meal seems to be more effective for weight loss than waiting for one hour to walk after a meal. Low-to-moderate intensity exercises like a quick, brisk walk or yoga provide benefits when performed post-meals.