



Welcome to the Spring edition of the West Midlands Wellbeing Blog

A Quick Look at What's Happening in March to May

- Bisexual Health Awareness Month – March
- International Women's Week: 3 – 7 Mar 25
- Nutrition & Hydration Week: 10 – 16 Mar 25
- World Sleep Day - 14 Mar
- National LGBT Health Awareness Week: 17 – 21 Mar
- Civil Service and Charities Partner Week: 17 – 21 Mar
- [Stress Awareness Month](#) – Apr
- Day of Silence – 11 Apr
- Mental Health Awareness Week: 12 – 18 May
- [Charity for Civil Servants Mega Miles Challenge](#) - May

Midlife MOT

The Midlife MOT is a review for everyone in their 40s, 50s and 60s that helps them take stock of their finances, skills and health, and acts as a review by enabling them to get access to the best possible financial, health and career guidance. Check the status of your [work, health and money](#)

We sit for 8.9 hours each day (on average)

Since the [Get Britain Standing](#) campaign launched there has been continued growth in international scientific research producing compelling evidence that sitting for more than 4 hours each day leads to:

- Enzymes responsible for burning harmful blood fats shutting down
- Reduced calorie burning (Metabolic rate)
- Disrupted blood sugar levels
- Increased insulin and blood pressure levels
- Leg muscles switch off

[Estimate the time you spend sitting daily](#)

There are numerous walking routes in our Region that you can do to help, which are on your doorstep as well as [at your desk workouts](#):

[Top 10 Hikes and Walks in the West Midlands Region | Komoot](#)

[10 Best walking trails in West Midlands | AllTrails](#)

[15 Best Walking Trails & Nature Reserves in Midlands — sian victoria](#)

[Accessible Walks in West Midlands - FMC Cars, Kidderminster, Worcestershire](#)

[Canals & Rivers Near Me | Events Local to You](#)

[Best wheelchair-friendly trails in West Midlands | AllTrails](#)

[Staffordshire](#)

Healthy Eating

The [Eatwell Guide](#) shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. [Food Labels](#) - Nutrition information labels can help you choose between products and keep a check on the amount of foods you're eating that are high in fat, salt and added sugars. Use food nutrition information labels to help you [eat a balanced diet](#).

[Carrot & coriander soup recipe | Good Food](#)

[Healthy Recipes](#)

Common Signs of Stress or Burnout:

- Feeling overwhelmed, tired, or drained most of the time
- Being irritable, having racing thoughts or difficulty concentrating
- Having self-doubt, feeling helpless, trapped and/or defeated
- Procrastination, avoidance of problems and delays in performance
- Eating more or less than usual; drinking or smoking more than usual
- Having trouble sleeping

Talking is key, we encourage you and your colleagues to talk about stress openly helping to create a culture of awareness and support. Resources available on the [Stress at Work | DWP Intranet](#) pages.

[Dealing with stress and burnout](#) – Navigate life's daily challenges.

[Mental Wellbeing toolkit](#) - Links to a range of information and organisations that can help.

[Thrive App](#) - Features 100+ hrs of content supporting MH and wellbeing: CBT, relaxation, progress tracking, mood journal, etc. Designed as a day-to-day wellbeing app giving the opportunity to access further support from professionals if you need it.

[Meditation](#) – We have fantastic free resources on our pages from Breathworks, Oxford and Bangor university. This includes two daily guided meditation sessions, recorded meditations, podcasts and more. We have also added free apps to try.

Please send details of any groups you attend, any stories you have / photos / how long you've been going, etc to jo.jones1@dwp.gov.uk – your story could feature in a future blog!

I hope you have enjoyed this blog and taken some positivity from it.

Jo Jones

(HASSRA West Midlands Events & Wellbeing Lead)