

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



August Health and Wellbeing Dates:

- August is Happiness month!
- 1 – 7: World Breastfeeding week
- 12 – 18: National Allotments week
- 18: Never Give Up Day
- 19: World Humanitarian Day
- 19 – 25: National Eye Health Week
- 31: National Overdose Awareness Day

5 Steps to Mental Wellbeing:

1. Connect with other people.
2. Be physically active
3. Learn new skills
4. Give to others.
5. Pay attention to the present moment (Mindfulness)

<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 \(www.nhs.uk\)](https://www.nhs.uk/conditions/bmi/)

[Sleep and tiredness - NHS \(www.nhs.uk\)](https://www.nhs.uk/conditions/sleep-tiredness/)

<https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/breastfeeding-and-lifestyle/diet/>

Healthy Eating: [Eat well - NHS \(www.nhs.uk\)](http://www.nhs.uk)

5 a Day!

Fruit and vegetables are part of a healthy, balanced diet and can help you stay healthy. It's important that you eat enough of them.

Evidence shows there are significant health benefits to getting at least 5 portions of a variety of fruit and vegetables every day. That's 5 portions of fruit and veg in total, not 5 portions of each. A portion of fruit or vegetables is 80g.

The 5 A Day campaign is based on advice from the World Health Organization (WHO), which recommends eating a minimum of 400g of fruit and vegetables a day to lower the risk of serious health problems, such as [heart disease](#), [stroke](#) and some types of [cancer](#).

Gardening - [The ultimate guide to office plants / RHS Gardening](#)

Gardening is very therapeutic and can give a great sense of achievement. It is also a good form of exercise!

Are you in a gardening club or have an allotment? Send us your photos!

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)