

# Welcome to the October 2024 edition of the West Midlands Wellbeing Blog



## **October Health and Wellbeing Dates:**

- Baby Loss Awareness Week (9<sup>th</sup>-15<sup>th</sup> October)
- World Mental Health Day (10<sup>th</sup> October)
- Stoptober (where smokers try to quit for a month)
- Breast Cancer Awareness month
- National Depression & Mental Health Screening month

## **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)

## **Useful links:**

<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 \(www.nhs.uk\)](#)

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

**Three bears breakfast recipe:** Adding fruit to porridge really livens it up – and contributes to your 5 A Day. **Prep: 5 mins. Cook: 8 mins. Servies 4**

[Porridge with fruit - Recipes - Healthier Families - NHS \(www.nhs.uk\)](#)



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