

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



## **November Health and Wellbeing Dates:**

11<sup>th</sup> – 15<sup>th</sup>: Anti Bullying Week

11<sup>th</sup>: Remembrance Day, To mark Remembrance Day, a 2 minute silence will be held across the department at 11am on Monday 11 November

## **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 promote 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 \(www.nhs.uk\)](#)

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

[Prioritising mental health in the workplace: take some time for yourself | DWP Intranet](#)  
[Civil Service Speak Up Week 2024](#)

## **HEALTHY RECIPE:**

**Bang-tasty chicken drumsticks recipe: Prep: 20 mins; Cook: 30 mins; Serves 4**

**[Roast chicken drumsticks - Recipes - Healthier Families - NHS](#)**

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## **EXERCISE:**

**Six Easy Desk Exercises For Office Workers**  
Just because you work in an office doesn't mean you can't get any exercise - here are six easy workouts you can do at your desk.

- 1. Stop asking me about Brexit**
- 2. I just got here but I already want to go home**
- 3. Looking out the window at birds all day long**
- 4. Standing in a corner gently sobbing**
- 5. Actual pain in the arse**
- 6. Strangling anyone who calls a meeting when an email would do**

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