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# Workplace Newsletter

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Vol VIII | October 2022

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**FIND  
YOUR  
ACTIVE**

WORKPLACE  
EDITION

## Mens Mental Health Awareness

Did you know that 40% of men find it hard to speak about their mental health? The biggest causes of pressure in men's lives are from their workplace, financial issues, and health worries. It's important to raise awareness and discuss mental wellbeing, as well as difficult issues taking place across the county.

Next month, get moving with Movember and run or walk 60km for the 60 men we lose to suicide each hour, every hour across the world. Not only will this help with your own mental wellbeing, but your physical health too!

Sign up [here](#)



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## Walk with Joe Wicks



In other exciting news, next month, Joe Wicks will be joining ParkRun for BBC's Children In Need, encouraging communities to take part in walking with friends and family to increase their mental wellbeing through physical activity. The 'Walk With Joe' campaign aims to allow people to soak up the atmosphere at their local ParkRun and enjoy movement, whilst reconnecting with communities and building a sense of togetherness, which will help change young peoples lives. Find out more information [here](#).

## Top 3 tips for remote working



1. Keep moving – Make sure you keep moving throughout the day, whether you go for a 15-minute walk at lunch or tick off some chores, make sure to step away from your screen and get some steps in.
2. Stay connected - Feelings of isolation might set in when working remotely, so check in with your colleagues or schedule a coffee-break to catch up and connect when in the office.
3. Stick to a routine - Stay consistent, plan your day and shut off when you stop working. It's important to get that work-life balance.

## Thank you for your Essex Activity Award Nominations!



We have shortlisted our nominees for the Essex Activity Awards and these will be highlighted on our website soon. Stay tuned in November for our public vote period on 3 of our categories - a chance for you to have your say! Read more on the awards [here](#).

## Self Care Week

It is Self-Care Week starting 14th to the 20th of November. Self-care is the practice of looking after and prioritising your own mental health and physical wellbeing. This can look different for everyone. If you need some advice or ideas on self-care activities and how to look after your wellbeing then click [here](#).



## YouTube Channel Returns

Our YouTube Channel is set to make its comeback this winter with brand new playlists offering a variety of activities. From seated exercises to do at your desk and meditation for times when you're feeling overwhelmed to 10 minute HIIT and Resistance Band training, we hope you'll find your active with us, this winter. Explore the channel [here](#).

