



Wellbeing Content Manager 2022

**Express
Workshop**



**Written
Content**



Newsletter



January

The January blues & how to overcome negative feelings

The physical & mental health effects of Dry January

Nutritional strategies for every day balance

How to set smart goals and learn to habit stack

Tackling obesity 1 step at a time engagement campaign

February

The behaviour change process & where you place

Your child's mental health & knowing how to help

Learning to switch off from work with lists

Nutritional mythbusters, one FAD at a time

Just ask engagement campaign

March

Are you a mindful eater?

What you didn't know about smoking!

Water, what's the big deal?

The art of rest & digital hygiene

Happiness check-in engagement campaign

April

Understanding your stressors & how to overcome them

Social responsibility to modern day stressors

What is multiple sclerosis & what can be done?

The relationship between movement & our happiness

On your feet Britain engagement campaign

May

The positive impact walking has on managing asthma

The mindfulness playbook

Symptoms of low mood & how to tackle them

The relationship between gut health & mental health

Day rate engagement campaign

June

The facts about resistance training & it's benefits

How to stay in control of your diabetes

All you need to know about blood, keep giving!

Men's mental health, why it's okay & showing support

Water bottle engagement challenge

July

Childhood obesity & practical tips for parents

Getting summer fit? Understand your energy levels

Confidence & persistence

Be more productive, in 5 minutes a day

Couch to 5 km engagement campaign

August

The truth about detoxing, your kidneys & liver

How cycling changes your mental & physical wellbeing

Reframe your mental wellbeing

Understanding dementia and it's causes

Curry night engagement campaign

September

Get to know your blood pressure numbers

Poor mental health in others & looking for the signs

What is sepsis?

Get moving for national fitness day

Coffee morning engagement campaign

October

Managing lower back pain with corrective exercise

What is cholesterol & which foods do I need to control?

Practical tips to stay in your heart rate zones

Midlife meno-power

Stoptober engagement campaign

November

The pros & cons to veganism

Managing feelings of worry

Alcohol awareness & effects on mental & physical health

Stress vs burnout & how to give yourself some time

Self care engagement campaign

December

Recognising those in need to stay connected

The power of rest & solid sleep

Happy holidays Christmas raffle

Your 2023 plan & goal setting

Holidays card engagement campaign

