

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



April Health and Wellbeing Dates:

- **1st – 30th April: Stress Awareness Month** – Bringing attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical wellbeing and minimize exacerbation of health-related issues. There are resources available to colleagues via:
 - The intranet: [Wellbeing | DWP Intranet](#)
 - Employee Assistance Helpline: [Employee Assistance Programme | DWP Intranet](#)
 - The CALM helpline on 0800 25 58 58 or use their webchat here. The helpline and webchat are both open 5pm to midnight, 365 days a year.
 - The Mental Health Foundation: [Get help | Mental Health Foundation](#)

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).

For more information on how to tackle each step visit: <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

For more information on health and wellbeing visit: <https://www.nhs.uk/live-well/>

Healthy Eating:

Lunch idea: Please send your recipes to: jo.jones1@dwp.gov.uk

Coconut rice salad recipe:



Add a taste of the tropics with this colourful rice salad – ideal for summer barbecues. Prep: 15 mins. Cook: 30 mins. Serves 4 (as a side)

Nutritional Information: Per serving (1/4 recipe):

537kJ / 127kcal

2.9g protein

23.3g carbohydrate, of which 3.8 sugars

1.8g fat, of which 0.7g saturates

3.3g fibre

trace amounts of salt

Exercise:



Please send details of any groups you attend and 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)