



HEALTHY WORK

Better Health at Work Award e-bulletin

Better Health
at Work Award

TUC
Changing the world
of work for good

Health Advocate of the Year 2022

Don't forget, nominations are open!!

Nominate



Christmas and Your Mental Health

Christmas can be a testing time mentally, emotionally, physically and financially for many people. This year a great number of us are feeling the fatigue and pressure brought on by the cost-of-living crisis, the climate emergency, the war in Ukraine and other challenges. It's okay if you're not feeling full of joy during the festive season. We're here to help you with your mental health.

- ★ How to protect your mental health and cope through winter
- ★ Looking after your mental health during the festive season



'Do Good December'

Action for Happiness brings people together and provides practical resources. This month, they're encouraging you to carry out small acts of kindness...with Do Good December - join in below!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Give a gift to someone who is homeless or feeling lonely.	2. Leave a positive message for someone else to find.	3. Give kind comments to as many people as possible today.	4. Do something helpful for a friend or family member.	5. Notice when you're hard on others and be kind instead.	6. Offer to help someone who is facing difficulties at the moment.	7. Support a charity, cause or campaign you really care about.
8. Be generous. Feed someone with food, love or kindness today.	9. See how many different people you can smile at today.	10. Share a happy memory or inspiring thought with a loved one.	11. Contact an elderly neighbour and brighten up their day.	12. Look for something positive to say to everyone you speak to.	13. Give thanks. List the kind things others have done for you.	14. Ask for help and let someone else discover the joy of giving.
15. Contact someone who may be alone or feeling isolated.	16. Help others by giving away something that you don't need.	17. Appreciate someone for an achievement that may go unnoticed.	18. Congratulate someone for an achievement that may go unnoticed.	19. Choose to give or receive the gift of forgiveness.	20. Bring joy to others. Share something which made you laugh.	21. Treat everyone with kindness today (including yourself!).
22. Get outside. Pick up litter or do something kind for nature.	23. Call a relative who is far away to say hello and have a chat.	24. Be kind to the planet. Eat less meat and use less energy.	25. Turn off digital devices and really listen to people.	26. Let someone know how much you appreciate them and why.	27. Plan some new acts of kindness to do in 2023.	

ACTION FOR HAPPINESS | Hoppier - Kinder - Together



to all of you, from all of us,
on the BHAWA team



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Next BHAWA Webinar - save the date!!

Tuesday 28th March 2023 10.00am - 12 noon

January Awareness 2023

- Dry January
- Veganuary
- Love Your Liver Month
- Red January
- January 3rd - Festival of Sleep Day
- January 16th - Blue Monday
- January 16th - 22nd: Big Energy Saving Week
- January 27th - Parent Mental Health Day

Roll up, roll up...

The usual request from us...if you have a photo or piece of evidence that you have used in your application submission this year and would like to give us permission to use it/ them on our portal and in our annual Celebration Publication, please send them on to Susanne and Helen on the coordination team as soon as you can. The publication will be shared with everyone upon completion (including workplaces, commissioners, DsPH and other stakeholders).

Getting the whole team involved in Dry January brings big benefits for all. So much can come from the team taking on the challenge together:

- More energy leading to better performance
- Reduced absenteeism and lost productivity from alcohol, which are estimated to cost businesses £7.3bn each year
- Social ties between employees that aren't based around just drinking
- A greater understanding of your legal responsibilities as an employer
- Plus you can raise money for Alcohol Change UK.



Some ideas to try in your workplace...

- Organise a dry event for colleagues
- Run a quiz about alcohol
- Make a pledge wall
- Sign up for free resources

Health Advocate Training 2023

March 14th * April 26th * June 7th * July 13th * October 18th * November 16th

All courses are delivered using Microsoft Teams and run 10.00am-2.30pm

Email Helen to request a place: hparry@tuc.org.uk

If you would like any more information about anything mentioned here, please email either Susanne Nichol snichol@tuc.org.uk or Helen Parry hparry@tuc.org.uk and we will get back to you as soon as possible.

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