

## Making Positive Changes to your Wellbeing post-lockdown

The COVID-19 pandemic has presented many people with challenges and enormous change in their day to day lives, which in turn can impact our wellbeing. To promote positive wellbeing, Care first provide all staff members in your organisation with access to our Lifestyle website – a comprehensive hub of wellbeing resources including articles, webinar content and interactive tools to help you take control of your own wellbeing. Some of the helpful content is outlined in this article...



Care first's Lifestyle site includes a wellbeing assessment tool which enables you to review 10 aspects of your own wellbeing, including your resilience, financial stress, caffeine consumption etc. The tool will then help you to set goals to improve the areas identified by the assessment as having room for improvement. This could be drinking more water and consuming less caffeine for example.

As well as articles and webinars on topics such as mental health, bereavement and stress, the Lifestyle site also hosts an interactive budgeting calculator. The calculator is very helpful if you are worried about your finances, are planning a new purchase, or simply wish to review your spending to see where you may be able to save money. If you need help using the calculator you can seek the assistance of one of our Telephone Information Specialists, or if you require any emotional support you can speak with a Counsellor in confidence by calling the Care first Freephone number provided by your organisation.



You can join our live webinar titled '**Making Positive Changes to your Wellbeing**' on Wednesday 2<sup>nd</sup> September at 12pm. Please use the following link to register your attendance:

<https://attendee.gotowebinar.com/register/7267761273551089167>

If you are unable to join the webinar live, a recording of the session can be accessed using the same Link above after the webinar has taken place.