HEALTH & WELLBEING NEWSLETTER NOVEMBER 2026



vivup

WHAT'S ON FOR WELLBEING

ACTION FOR HAPPINESS

SPOTLIGHT ON: SELF CARE

AWARENESS DAYS

WHAT'S ON FOR WELLBEING?



Also: Land Art for Baby Loss, Wellbeing in Nature, Community Gardening

arc Courses — **WINTER 2026: Nov 4th – Dec 16th**

Our Woodland Wellbeing Course offers 7 weekly sessions (10am til 3pm) at a woodland just outside Leamington, offering guided support to achieve wellbeing goals.

NEWSFLASH
Menstruation & Menopause Monday + Thursday Thrive & Revive now each have one-time sign-up links – click below!

Date & Time	Event & Sign-Up Link (sign-up in advance please)
Monday 2nd Nov, 12:30-13:00	Peer Support Menstruation & Menopause Monday: Work, Identity & Being Taken Seriously
Tuesday 10th Nov, 19:00-20:00	Managing Your Emotions with Prof. Ethan Kross. Action for Happiness.
Tuesday 17th Nov, 09:30-11:30	Mental Health Training for Managers
Tuesday 24th Nov, 10:30-12:00	Parental Leave Support Network - Parenting Support Circle (This is an open invitation to all GPs - Locum, salaried and partners)
Tuesday 24th Nov, 12:00-13:30	Carer Support Network (For GPs with caring responsibilities)
Thursday 26th Nov, 12:30-13:00	Peer Support Thursday Thrive & Revive: Coping –The Way I Talk to Myself Under Stress

ACTION FOR HAPPINESS

New Ways November 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Try out a new way of being physically active	7 Be creative. Cook, draw, write, paint, make or inspire
8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors - walk, run, explore, relax	14 Find a new way to help or support a cause you care about
15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before	21 Learn a new skill from a friend or share one of yours with them
22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it	28 Discover your artistic side. Design a friendly greeting card
29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times					







ACTION FOR HAPPINESS

Happier · Kinder · Together

Managing Your Emotions

with Prof Ethan Kross

Tuesday, 10 November 2026
19:00-20:00

TICKET PRICE
Optional Donation





Online Coaching

Try our free 10-day program

Abi your happiness coach guides you through daily actions for happier living.



Talks

Discover more from leading experts

Inspiring Talks from leading thinkers on all aspects of living happier lives.



Course

Try our life-changing 6 week course.

Happiness Habits is proven to help you craft the skills for a happy and meaningful life.



Groups

Be part of something bigger

Groups offer the chance to connect with others and find practical ways to take action.

SPOTLIGHT ON: SELF-CARE

The Self-Care Forum defines self-care as:

"The actions that individuals take for themselves, on behalf of and with others in order to *develop, protect, maintain and improve* their health, wellbeing or wellness."

Self-care: looking after your health in real life

Self-care can mean many things. It might be getting outside for a walk, taking medication as prescribed, making time for a proper lunch, asking for help, seeing friends, or simply noticing that something isn't right and doing something about it.

It is easy, though, for self-care to become another item on the to-do list.

- Drink more water.
- Exercise three times a week.
- Get eight hours' sleep.
- Eat five portions of fruit and vegetables.
- Practise mindfulness.
- Switch off your phone.

All useful advice. But real life rarely arrives in neat, manageable portions.

Work gets busy. Children need something. A parent becomes unwell. Money is tight. Sleep is poor. You are living with a health condition. Your caring responsibilities increase. You are simply having a difficult few weeks.

So perhaps a more useful question is:

What does looking after myself look like, for me, at the moment?

SPOTLIGHT ON: SELF-CARE

Self-care includes the ordinary things we do to look after our physical and mental health, manage health conditions, prevent illness, find information, use health services appropriately and stay connected to other people.

For some people, looking after their health might mean asking a colleague for support, talking to a friend, attending an appointment, joining a group or accepting help from family.







Self-care looks different for everybody

There is no single self-care routine that works for everyone.

What supports your health will depend on your circumstances, your priorities, your health, your relationships, your environment and the resources available to you.

This matters because health inequalities can affect people's opportunities to make healthy choices. Having information about healthy eating is useful, but it doesn't remove the cost of food. Knowing that exercise is good for you doesn't necessarily make it easy to find time, energy, somewhere safe to be active or an activity that works with your health.

The Health Foundation's work on the wider causes of health inequalities is a useful reminder that health is shaped by much more than individual choices.

Good self-care therefore is about having the knowledge, confidence, support and resources to take the next useful step for your health.

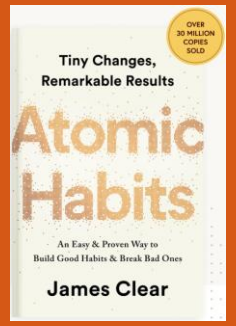
SPOTLIGHT ON: SELF-CARE

Small things count

We often imagine that something only counts as self-care if we do it properly.

- A long walk.
- An hour at the gym.
- A perfectly balanced meal.
- A full night's sleep.

But health doesn't work quite like that.



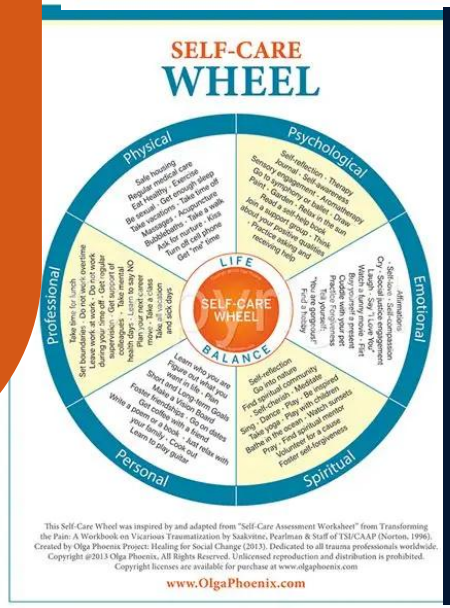


The updated UK Chief Medical Officers' physical activity guidance says: **any activity is better than none, and more is better still.** The guidance also emphasises breaking up periods of inactivity and building strength on at least two days each week. That could mean walking to the shops, taking the stairs, gardening, dancing in the kitchen, doing some strengthening exercises at home or simply getting up regularly during a desk-based day.

The target for adults is at least **150 minutes of moderate activity a week, or 75 minutes of vigorous activity, or a combination**, alongside strength work on at least two days. But the starting point matters too. **A useful question might be:**
"What is one small thing I could do today that would support my health?"



Click images for links





Moving Medicine



THIS GIRL CAN

SPOTLIGHT ON: SELF-CARE

Food is part of self-care too

Food can sometimes become surrounded by rules, guilt and competing advice.

A more useful approach is to think about food as part of how we look after ourselves day to day.

That might mean having something to eat before the working day gets away from you. Keeping easy options available when you're tired. Making time for lunch rather than eating at your desk. Eating regularly. Or simply finding a way of making food work within your own circumstances.

The Association of UK Dietitians has a range of evidence-based food fact sheets covering different aspects of nutrition and health.

Food Fact Sheets | Association of UK Dietitians







Self-care includes knowing when and how to get help:

Health & Wellbeing CHAMPION

Coventry and Warwickshire Training Hub

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- Message someone you haven't spoken to for a while.
- Have lunch with a colleague rather than eating alone.
- Ask someone how they really are and give them time to answer.
- Accept an offer of help.
- Make plans to do something you enjoy with another person.
- If you've been feeling isolated, look for a local group, activity or community service that feels manageable.

SPOTLIGHT ON: SELF-CARE

Better Health every mind matters

MENTAL HEALTH FOUNDATION

mind

National Self-Care Week - Self-Care Forum



Self-Care Audit

Take a few minutes to think about how things are going at the moment.

Area	How am I doing?	One thing that might help
Sleep and rest		
Food and hydration		
Movement		
Time outside		
Relationships and connection		
Stress and mental wellbeing		
Managing my health		
Getting help when I need it		

AWARENESS DAYS & CELEBRATIONS

CLICK IMAGES FOR LINKS













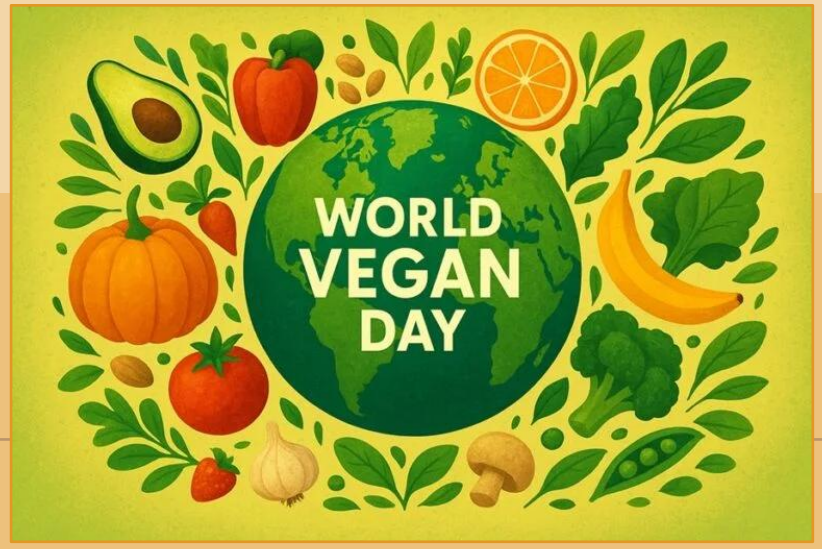
















Thank you for taking the time to read this newsletter and take care of your health & wellbeing.









THANK YOU

Please get in touch if you have anything you'd like to share in a future newsletter:

Special achievements
Thank yous, shout outs and celebrations
A special interest
A happy story
A favourite wellbeing tip

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MENO KIT
A UK TOOLKIT FOR MENOPAUSE AND WORK