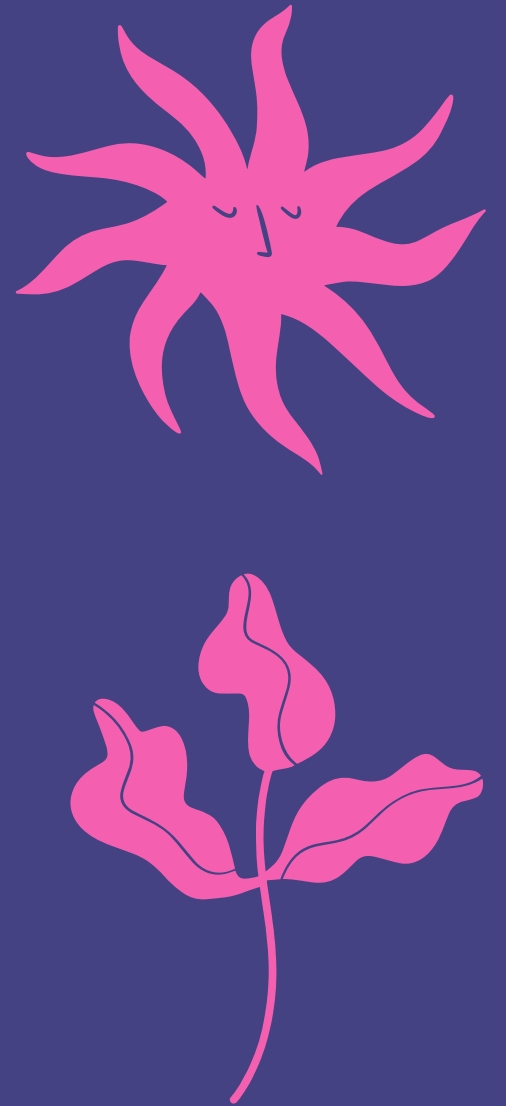


HEALTH & WELLBEING SUPPORT FOR YOU – MAY 2026



ACTION FOR HAPPINESS CALENDAR – MAY 2026

Meaningful May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small
4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful	7 Make a list of what matters most to you and why	8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times
11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture	14 Get outside and notice the beauty in nature	15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful
18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable	21 Look up at the sky. Remember we are all part of something bigger	22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today
25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others	28 Do something special and revisit it in your memory tonight	29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future



ACTION FOR HAPPINESS

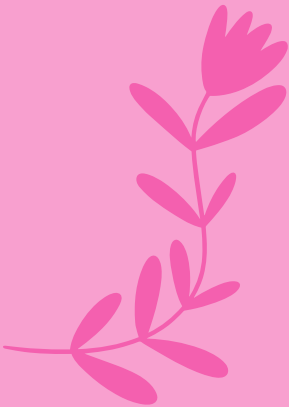
Happier · Kinder · Together



ONLINE COACHING

Try Our Free Online Program

A 10-Day program, a few minutes a day, to teach you the fundamentals of happier living.



SPOTLIGHT ON - GETTING ACTIVE



It's essential to be physically active if you want to live a healthy and fulfilling life into old age. People who do regular physical activity have a lower risk of:

- coronary heart disease and stroke
- type 2 diabetes
- bowel cancer
- breast cancer in women
- early death
- osteoarthritis
- hip fracture
- falls (among older adults)
- depression
- dementia, including Alzheimer's disease
- Research also shows that physical activity can boost self-esteem, mood, sleep quality and energy, as well as reducing your risk of stress.

Physical activity for adults and older adults

Benefits health	Type II Diabetes	-40%
Improves sleep	Cardiovascular disease	-35%
Maintains healthy weight	Falls, depression etc.	-30%
Manages stress	Joint and back pain	-25%
Improves quality of life	Cancers (colon and breast)	-20%

Reduces your chance of

Some is good, more is better Make a start today: it's never too late Every minute counts



[Guidelines for all life stages](#)



Proud to be a parkrun practice

If you would like support in becoming a parkrun practice, or signing up to the Active Practice Charter - get in touch with the [Health & Wellbeing Champion Team](#)

How to become an Active Practice

It's free to join and we have lots of simple and creative ideas to help you meet the criteria. All you need to do is sign up and demonstrate you have taken steps in the practice to:

- Reduce sedentary behaviour in staff;
- Reduce sedentary behaviour in patient;
- Increase physical activity in staff;
- Increase physical activity in patients;
- Partner with a local physical activity provider



Proud to be an **#activepractice**



SPOTLIGHT ON - GETTING ACTIVE

(CLICK IMAGES FOR LINKS TO GETTING MORE ACTIVE)



SPOTLIGHT ON - GETTING ACTIVE

(click images for links to getting more active with parkrun)



What is parkrun?



parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. parkrun is 5k and takes place every Saturday morning. junior parkrun is 2k, dedicated to 4-14 year olds and their families, every Sunday morning.

parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along.

How do I join parkrun?



We'd love for you to join in with a parkrun event!

parkrun is free and you only need to register once whether walking, jogging, running, volunteering or a combination.

[Register here](#)

Where is parkrun?

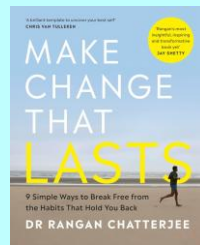
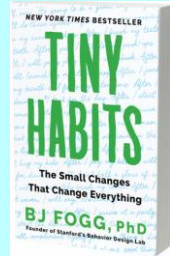
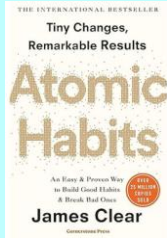


There are currently 1,404 parkrun events around the country taking place every weekend, with more locations being added all of the time.

You can go along to any event, any weekend.

[Find event near you](#)

SPOTLIGHT ON - GETTING ACTIVE



BLOG by Leamington lifestyle medicine GP Dr Hussain Al-Zubaidi:
Movement matters: why supporting physical activity in NHS staff is good for everyone



Getting active can feel daunting, especially if you haven't been active for a while. But don't worry, every little bit helps. Here are some simple and enjoyable ways to incorporate activity into your daily routine, build active habits and start feeling the benefits of a more active lifestyle.

Start Small and Build Up Don't feel pressured to dive into intense workouts right away. Start with small, manageable activities like a 10-minute walk during your lunch break. Gradually increase the duration and intensity as you get more comfortable.

Make It Fun Find activities you enjoy. Whether it's dancing, cycling, swimming, or a brisk walk in the park, choose something that makes you happy. You're more likely to stick with it if you're having fun.

Set Realistic Goals Set achievable goals to keep yourself motivated. It could be as simple as taking the stairs instead of the elevator or aiming for 30 minutes of activity each day. Celebrate your progress, no matter how small.

Incorporate Activity into Your Routine Look for opportunities to be active throughout your day. Walk or cycle to work, do a quick workout during TV commercials, or stretch while waiting for your coffee to brew. Little bursts of activity add up.

Get Social Exercise with friends or join a local group. Socialising while being active can make the experience more enjoyable and hold you accountable. It's also a great way to meet new people who share your interests.

Track Your Progress Keeping track of your activity can be a great motivator. Use a fitness app, a journal, or a simple calendar to log your workouts and see how far you've come. It's encouraging to watch your progress over time.

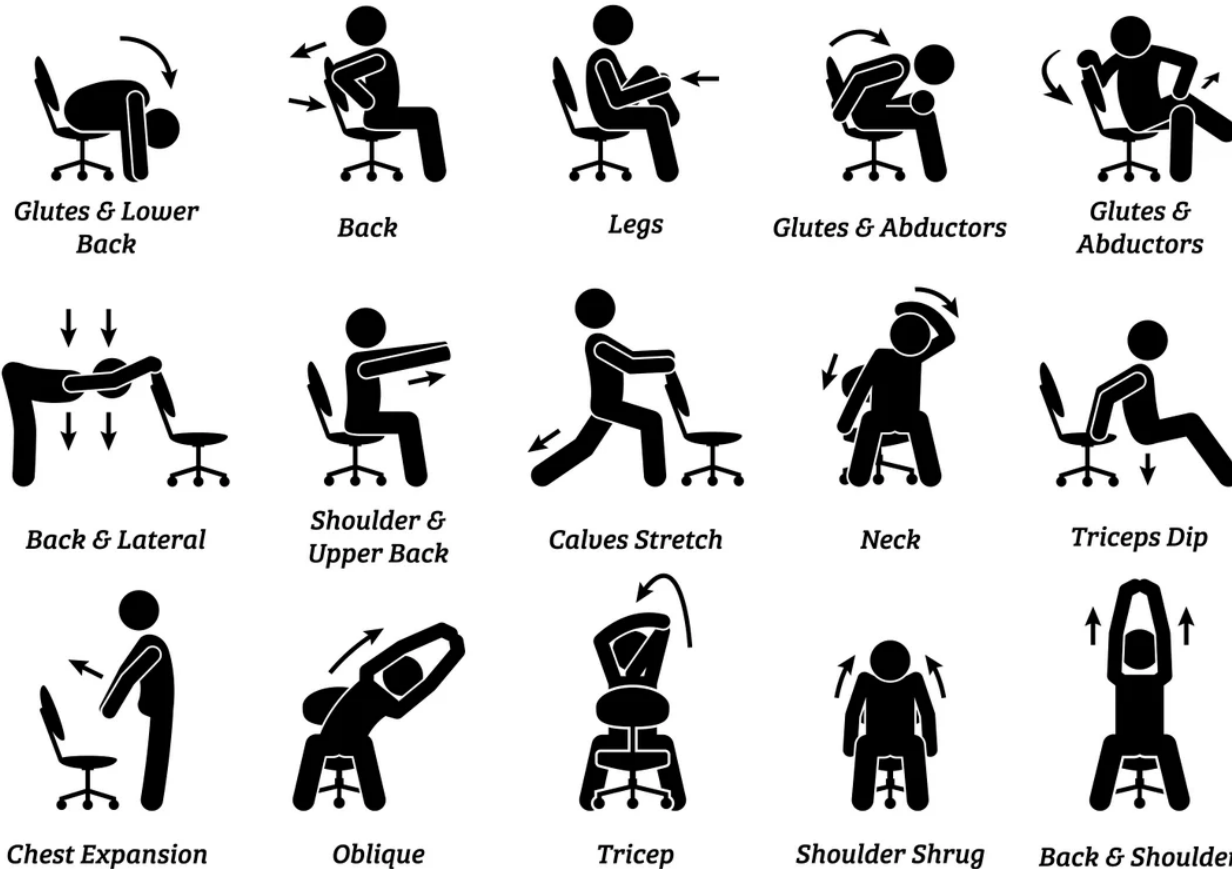
Reward Yourself Reward yourself for reaching milestones. Treat yourself to something you enjoy, like a movie night, a new book, or a relaxing bath. Positive reinforcement can help build and maintain your new active habits.

Stay Positive Remember that building new habits takes time. Be patient with yourself and stay positive, even if you miss a day or two. Focus on your progress and keep moving forward.

Building an active lifestyle doesn't have to be overwhelming. By taking small steps and incorporating activities you enjoy, you can make movement a regular and rewarding part of your life. Start today and experience the positive changes that come with being more active!

SPOTLIGHT ON - GETTING ACTIVE

Office Stretches and Exercises



What Are Movement Snacks?

Movement snacks are brief periods of physical activity, typically lasting 1–5 minutes, that you can sprinkle throughout your day instead of relying solely on longer exercise sessions. The concept is similar to a small food snack: just as a snack provides a quick boost of energy between meals, a movement snack gives your body a quick boost of activity to break up sedentary periods.

GET MORE ENERGY IN YOUR DAY WITH MOVEMENT SNACKS



A MOVEMENT SNACK IS A LITTLE POCKET OF MOVEMENT, JUST A COUPLE OF MINUTES OF MOVEMENT EVERY HOUR

Listen to your body - start where you are and gradually increase intensity/volume over time

AWARENESS DAYS

(CLICK IMAGES FOR LINKS)



**MENTAL
HEALTH
AWARENESS
WEEK**



May is
**SKIN CANCER
AWARENESS MONTH**

#WalkThisMay



**NATIONAL
WALKING
MONTH**

**KEEP
PUTTING
ONE
FOOT**

**IN
FRONT
OF THE
OTHER**

**2026 WORLD
HYPERTENSION
DAY MAY 17**

Controlling Hypertension Together

Initiated by the World Hypertension League WHLeague.org

**DEAF
AWARENESS
WEEK**





Welcome

The Work Well Programme is a comprehensive set of tools and resources designed to support the wellbeing of people in high-pressure roles. Practical, helpful support developed and designed by healthcare professionals, for healthcare professionals.

Bitesize videos

Wellbeing Boosters

An online library of 5-minute "Wellbeing booster" videos.

- Short, practical hacks you can apply straight away to shift your mindset, tackle your to-do list differently, set boundaries and deal with difficult conversations.
- Each video includes done-for-you activities you can use with your team, so everyone benefits.

Upcoming training for

Wellbeing Leads

Quarterly - 12:30 - 14:00pm

Online masterclasses to support anyone taking an active lead on wellbeing within their organisation, practice or team.



ORGANISATION CODE TO SCAN



Your live training

Lunch + Learn

Monthly - 12:30 - 1:30pm

- Interactive webinars with experts on relevant topics to healthcare professionals in high-pressure roles.
- Join live to connect and ask questions or catch up with the on-demand replay.

Wellbeing

Qi Toolkit

Online set of tools to help teams and practices audit and improve their wellbeing support.

The Work Well Programme is brought to you by Dr Rachel Morris and the team behind the You Are Not A Frog podcast.

Got questions? Contact us on cw.traininghub@nhs.net

People Promise



5 ways to wellbeing

HOW YOU CAN ACCESS HEALTH & WELLBEING SUPPORT

- **Monthly Peer Drop-In Sessions** Informal, topic-focused sessions where you can connect with colleagues, share experiences, and explore wellbeing themes in a supportive environment.
- **'Chat with a Champion' (1-2-1 support)** The opportunity to speak confidentially with a trained wellbeing champion for guidance, signposting, or simply a listening ear.
- **Team Wellbeing Sessions** Bespoke sessions designed to support team wellbeing, cohesion, and open conversations around health and wellbeing.
- **Manager & leadership Wellbeing Sessions** Dedicated sessions to equip managers and leaders with the tools and confidence to support both their own wellbeing and that of their teams.
- **Helping Hub** To ensure you receive the right support at the right time, all requests for these new services will be triaged through a central Wellbeing Helping Hub, where they will be reviewed and directed appropriately.



Embrace Joy Every Day with Your EAP

Discover how your **Employee Assistance Programme (EAP)** can help you feel good on and off the clock.

With access to a wide range of mental, physical and financial health resources, this is the perfect time to connect to expert support and invest in a more joyful you!



Access on-call support for all situations
24/7 telephone helpline



Address any money problems playing on your mind
Debt and financial advice



Help boost your personal resilience
Downloadable self-help resources



Unlock inspiring content for healing & growth
Podcasts, blogs and more



Terms & Conditions Apply



Register at cwipc.vivup.co.uk or scan QR code
When asked for your organisation, enter: Coventry



LEARNING OPPORTUNITIES

(CLICK IMAGES FOR LINKS)



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

