

Health & Wellbeing Support for You

September 2026

- What's On for Wellbeing
- Action for Happiness Calendar
- Spotlight On: The Science of Fresh Starts
- Awareness Days
- Meet the Health & Wellbeing Champion Team
 - How can the Champion Team Support You?



What's on for Wellbeing?

Date & Time	Event & Sign-Up Link (sign-up in advance please)
Monday 7 th Sept, 12:30-13:15	<u>Peer Support Menopause & Menstruation Monday: Mood, Emotions & Mental Load</u>
Sunday 13 th Sept, 10:00-11:30	<u>First 5 GP Walk & Talk</u>
Monday 17 th Sept, 12:30-13:15	<u>Work Well Webinar: How to Put it Down, Even When It's Quicker To Do it Yourself</u>
Tuesday 22 nd Sept, 12:30-14:00	<u>Team Leaders Shapes Masterclass: How to Have Conversations You're Avoiding Without Getting Pulled into Fixing or Firefighting</u>
Thursday 24 th Sept, 12:30-13:15	<u>Peer Support Thursday Thrive & Revive: Stress – Coping, What Helps (& What Doesn't)?</u>
Friday 25 th Sept, 10:30-12:00	<u>Parental Leave Support Network - Parenting Support Circle</u> (This is an open invitation to all GPs - Locum, salaried and partners)
Friday 25 th Sept, 12:00-13:30	<u>Carer Support Network</u> (For GPs with caring responsibilities)
Tuesday 29 th Sept, 09:30-11:30	<u>Suicide Prevention Training for Call Handlers</u>

Living Well With Anxiety

with Dr Sian Williams

Tuesday, 15 September 2026
19:00-20:00

TICKET PRICE
Optional Donation



with Dr Rachel Morris



Action for Happiness – Self-Care September

Podcasts

Dr Mark Williamson hosts inspiring conversations with leading experts, sharing new ideas for a happier and kinder world.



ONLINE COACHING

Try Our Free Online Program

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

Download the FREE Action for Happiness app for iOS or Android

- > Gives you friendly nudges with an action idea each day
- > Sends you inspiring messages to give you a boost
- > Helps you connect & share ideas with like-minded people

Talks Library

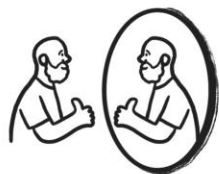
Browse our full library of speakers for insight and inspiration on happier living

Happiness Habits

A life-changing **6-week course** to grow your wellbeing and spread happiness around you.

Self-Care September 2026

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Find time for self-care. It's not selfish, it's essential

2 Notice the things you do well, however small

3 Let go of self-criticism and speak to yourself kindly

4 Plan a fun or relaxing activity and make time for it

5 Forgive yourself when things go wrong. Everyone makes mistakes

6 Focus on the basics: eat well, exercise and go to bed on time

7 Give yourself permission to say 'no'

8 Be willing to share how you feel and ask for help when needed

9 Aim to be good enough, rather than perfect

10 When you find things hard, remember it's ok not to be ok

11 Make time to do something you really enjoy

12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling, without any judgement

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Avoid saying 'I should' and make time to do nothing

26 Find a new way to use one of your strengths or talents

27 Free up time by cancelling any unnecessary plans



28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

30 Remind yourself that you are enough, just as you are



ACTION FOR HAPPINESS

Happier · Kinder · Together

Spotlight on: The Science of Fresh Starts

Why does September feel like a new beginning?

For many of us, September carries more 'new year' energy than January. The return of familiar routines, changing seasons and the start of the academic year create what psychologists call a *fresh start effect*. These moments can help us draw a mental line between who we've been and who we'd like to become. Rather than dwelling on missed opportunities or abandoned goals, a fresh start can make change feel more achievable.

The challenge with motivation

Many people wait until they feel motivated before taking action. The problem is that motivation comes and goes. Instead of relying on motivation, behavioural science suggests focusing on:

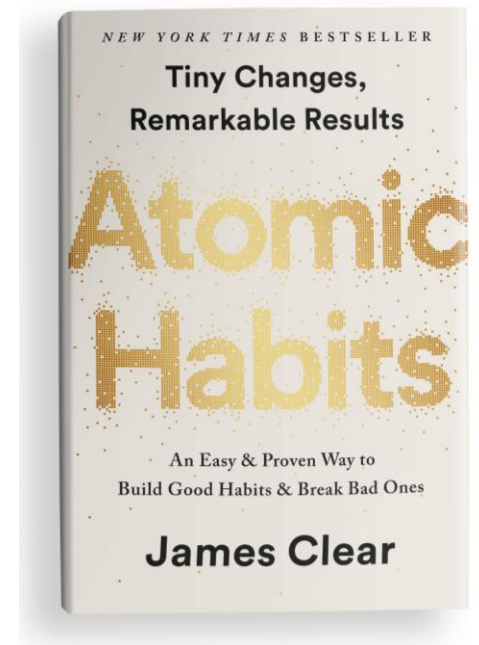
- Making the desired behaviour easy.
- Linking it to an existing routine.
- Starting small enough that success feels almost guaranteed.
- Repeating it consistently rather than perfectly.

A September experiment

Rather than setting a big wellbeing goal this month, choose one action that takes less than five minutes:

- Take a short walk before work.
- Step outside with your morning coffee.
- Send a message to a friend.
- Pause for three deep breaths between meetings.
- Spend a few moments noticing the signs of autumn around you.

Small actions repeated regularly often have a greater impact than ambitious plans that never quite get started.



Reflection

What is one small thing you could begin this September that your future self would thank you for?

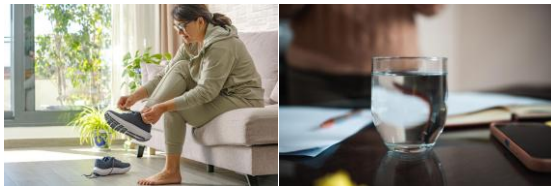
Spotlight on: The Science of Fresh Starts

Small Habits, Big Results

Research consistently shows that small, repeatable actions are more likely to stick than ambitious goals.

Examples:

- 1 minute of stretching before opening emails
- A walk around the block at lunchtime
- Drinking a glass of water before your first coffee
- Taking three deep breaths before joining a meeting



Habit Stacking

"After I [*current habit*], I will [*new habit*]."

Examples:

- After I make my morning coffee, I'll step outside for one minute.
- After I close my laptop, I'll write down one good thing from today.
- After lunch, I'll take a five-minute walk.



The Fresh Start Effect

Behavioural scientists recognise certain dates help us mentally turn the page and begin again.

Rather than setting a huge goal, choose one small wellbeing action for September.



Environment Beats Willpower

Make healthy choices obvious.

People often think change is about discipline. In reality, our environment shapes much of our behaviour.

Examples:

- Leave walking shoes by the door.
- Keep a water bottle visible.
- Put reminders in your calendar.
- Schedule a walking meeting.



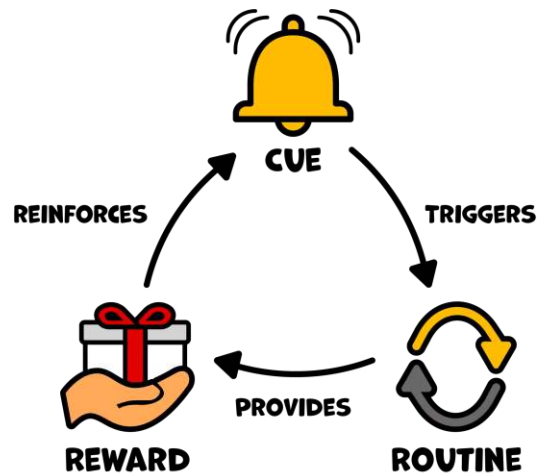
Spotlight on: The Science of Fresh Starts

The Habit Loop

Cue → Routine → Reward

Example:

- Cue: Finish lunch
- Routine: 10-minute walk
- Reward: Favourite podcast



Motivation Follows Action

Many people think:

Motivation → Action → Results

But in reality it often works like this:

Action → Results → Motivation

You don't need to feel motivated to start. Often, starting creates the motivation.



Resources

[Tiny Habits](#) by BJ Fogg

[The Power of Habit](#) by Charles Duhigg

[Atomic Habits](#) by James Clear

[The Five Ways to Wellbeing model](#)

[The Fresh Start Effect](#) research by Katy Milkman et al



Awareness Days (click images for links)



MIGRAINE
AWARENESS WEEK



Your Health & Wellbeing Champion Team

Sarah



Jonathon



Sue



Serena



Hollie



Laura



I work for Go West PCN as a Health and Wellbeing Coach, covering 6 surgeries. I am also a Health & Wellbeing Champion as I am passionate about ensuring that good mental health support is available to all. I enjoy reading, cinema, tennis and theatre.

I work for the Training Hub as a Learning Assurance and Placement Officer and have a genuine drive for helping and supporting others. For my wellbeing; I walk/jog, as well as do Military Calisthenics, I also read, I love movies and TV shows, I play with my dog as often as I can, spend time with my kids/wife and listen to music.

I am an Advanced Nurse Practitioner, Founder of Action Menopause Warwickshire and lead the Menopause Action Plan programme across C&W. I enjoy gardening, tennis, padel and exploring the Norfolk coast with my husband and our two dogs.

I am a Health & Wellbeing Coach working in primary care. In my spare time I co-run The Coventry Menopause Project. Recharging my own battery is non-negotiable. I do this by spending time outdoors in nature, with a healthy balance of time with family, my dog Finley, and precious moments of solitude.

You can find me trail running and exploring the Warwickshire countryside with my dog, Ralphie. I am happiest when embracing adventure, connecting with nature, and encouraging others to discover the benefits of movement and wellbeing.

Health & Wellbeing Coordinator at the Training Hub, Health Coach and Health Coach supervisor, and trainee Forest Therapy Practitioner. Nature is my base, whether walking, swimming, or out with my sidekick – Mole, the scruffy terrier.

New members of the team
(profiles to follow): **Caron,**
Elaura, Emma & Helen



Contact the team at: crgpa.wellbeing.cwth@nhs.net

How Can Health & Wellbeing Champions Support You?



Monthly Peer Sessions: Menstruation & Menopause Mondays Thursday Thrive & Revive

Informal, topic-focused sessions where you can connect with colleagues, share experiences, and explore wellbeing themes in a supportive environment. Sign-up via the Training Hub calendar.



Chat with a Champion

An opportunity to speak confidentially with a trained wellbeing champion for guidance, signposting, or simply a listening ear.

Chat with a Champion (lunch time drop-in)

Arrange for a Champion to work from your staff room over lunchtime for ad hoc wellbeing conversations.



Designed to support team wellbeing, cohesion, and open conversations around team wellbeing.

Find here a menu of suggestions. Work with us to develop bespoke support for your team's needs.



Burnout Prevention Sessions

- Self-Awareness
- Having Conversations
- Time Management
- Stress
- Mindset
- Wellbeing
- Choices

Practical Sessions

- Walk & Talk
- Arts & Crafts for Wellbeing
- Team Scavenger Hunt



The 5 Ways to Wellbeing

- Overview
- Give
- Be Active
- Keep Learning
- Take Notice
- Connect

Do you have a small outdoor space? Our Green Champion can support you to create a staff wellbeing area.

- Boosts mood. Reduces stress and anxiety.
- Improves efficiency and productivity.
- Enhances team collaboration.
- Better creativity and problem-solving.

Contact the team at:
crgpa.wellbeing.cwth@nhs.net

Request individual or Team support via the wellbeing website: www.cwthwellbeing.com

and click **Get Support**

Keep up to date
with CWTH's
monthly Wellbeing
Newsletter



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

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

crgpa.wellbeing.cwth@nhs.net



Coventry and
Warwickshire
Training Hub



Coaching & Mentoring



Coaching and mentoring can help you reflect, grow and navigate your next steps - whether you're developing in your role or looking ahead to what's next

Coaching

- Reflection
- Goal setting and accountability
- Neutral and more task focused
- Questioning, feedback and problem solving
- Cultivates autonomy, empowerment and critical thinking

Mentoring

- Experience sharing and storytelling
- Guidance and advice
- Less formal
- Provision of support
- Knowledge transfer

Coaching

- 6 sessions with a trained coach
- Charges may apply
- Confidential
- Face-to-Face and Online sessions available

Mentoring

- Access to a mentor for 6 months
- Wide range of mentors to choose from
- Free and confidential
- Face-to-Face and online sessions available

To receive our coaching profiles:

Scan here or click
the QR code



cw.traininghub@nhs.net



[@cwtraininghub](https://www.instagram.com/cwtraininghub)

To receive our mentor profiles:

Scan here or click
the QR code

