

OCTOBER 2024

FYA WORKPLACE EDITION

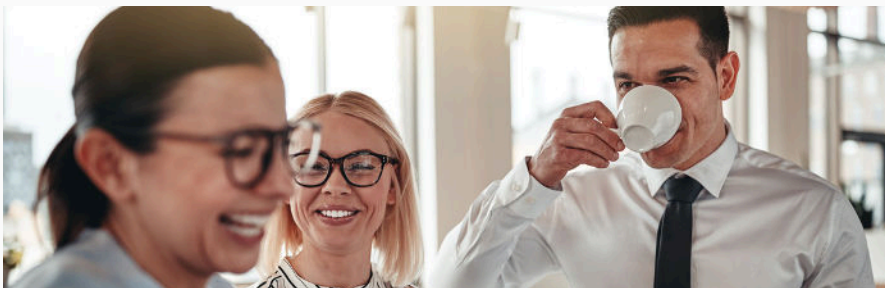


World Mental Health Day

Don't forget that [World Mental Health Day](#) is fast approaching on 10th October so let's all come together to talk about mental health and make sure everyone prioritises their own mental wellbeing. Whether it's a natter over a cuppa, a walk and talk, or just a check in with someone, talking about our mental health can help us cope better with challenges in life.

With this year's theme set by the World Federation of Mental Health being "it's time to prioritise mental health in the workplace", why not celebrate with a [Tea & Talk](#), as we are across the team at Active Essex and our Foundation? Research shows that talking is good for our mental health and a great way to connect with one another so make sure you download the FREE Mental Health Foundation's Tea & Talk pack for your workplace, community or school - [Click Here](#)

Whether it's holding a Tea & Talk, being active with others, or getting involved another way to support World Mental Health Day - We would love to hear from you through your social media platforms! Please make sure to tag Active Essex and Mental Health Foundation.



Last chance to nominate for the Essex Activity Awards 2024

This is your last chance to nominate for the Essex Activity Awards' Active Employer category! Celebrate employers who promote physical activity, well-being, and a healthy work-life balance. Nominate a company that inspires active lifestyles and values employee health. Hurry as nominations close on Sunday 29th September! Don't miss out on recognising workplace excellence!

[Read more here](#)





Celebrating Black History Month

This October, we proudly celebrate Black History Month, a time to recognise the invaluable contributions of black individuals and communities. In the workplace, it's also an opportunity to reflect on the importance of inclusivity and creating environments where everyone feels valued, respected, and empowered.

By embracing diversity, we not only foster innovation but also enrich the experiences of our teams. Let's take this month to promote understanding, amplify Black voices, and commit to long-lasting change. Together, we can build a more inclusive workplace where everyone's stories and talents are celebrated.

National Work Life Week 7-11th October

Maintaining a good work-life balance is essential for long-term health, happiness, and productivity. It involves setting clear boundaries between your professional and personal life to ensure that neither overwhelms the other.

By prioritising time for rest, physical activity, hobbies, and relationships, you can recharge mentally and physically, which in turn boosts focus and efficiency at work. A balanced approach prevents burnout, reduces stress, and allows you to fully engage in both your career and personal life. Ultimately, it's about creating a sustainable routine that nurtures both your professional ambitions and personal well-being.

Working families have a toolkit available for employers, allowing them to provide activities for staff, and to showcase their flexible working policies and practices.

[Read more here](#)

