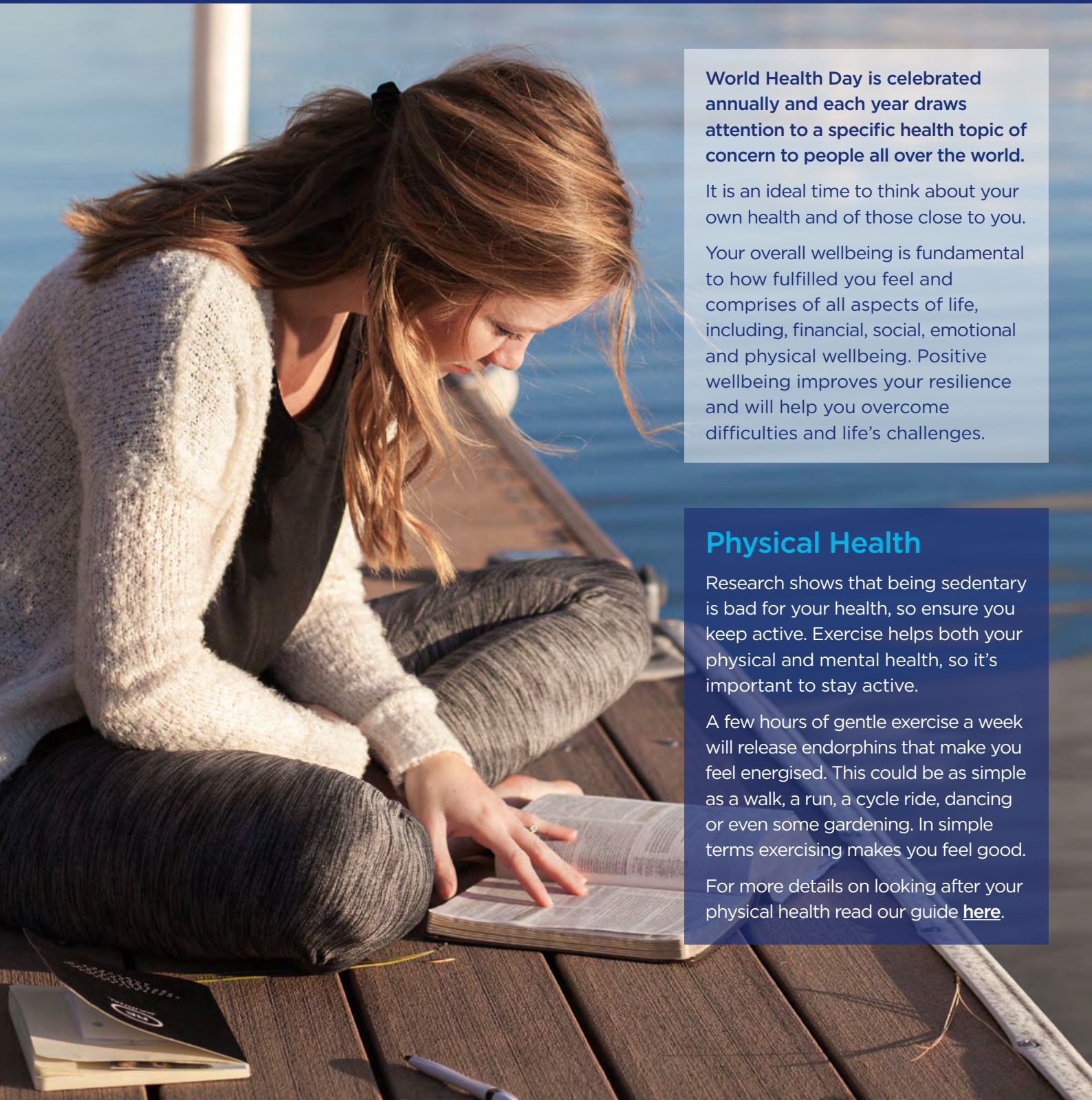


World Health Day

7th April 2023

Police
Mutual

World Health Day is an awareness day organised by the World Health Organisation. This year they have chosen the campaign 'Health For All'. For more details click [here](#).



World Health Day is celebrated annually and each year draws attention to a specific health topic of concern to people all over the world.

It is an ideal time to think about your own health and of those close to you.

Your overall wellbeing is fundamental to how fulfilled you feel and comprises of all aspects of life, including, financial, social, emotional and physical wellbeing. Positive wellbeing improves your resilience and will help you overcome difficulties and life's challenges.

Physical Health

Research shows that being sedentary is bad for your health, so ensure you keep active. Exercise helps both your physical and mental health, so it's important to stay active.

A few hours of gentle exercise a week will release endorphins that make you feel energised. This could be as simple as a walk, a run, a cycle ride, dancing or even some gardening. In simple terms exercising makes you feel good.

For more details on looking after your physical health read our guide [here](#).

Sleep

When you're well rested, you think more clearly, feel better, and have more stamina and energy. But many people don't get the 7-9 hours of sleep that doctors recommend. Lack of sleep, even for a few days, can leave you feeling irritable, frustrated, and forgetful. Regular poor sleep can put you at risk of serious medical conditions, including obesity, heart disease and diabetes and it may shorten your life expectancy.

We spend about a third of our lives asleep. Sleep is essential, it is as important to our bodies as eating, drinking and breathing, and is vital for maintaining good mental and physical health. Sleeping helps us to recover from mental as well as physical exertion.

For more details, read our sleep guide [here](#).

Stress Awareness

We all know what it's like to feel stressed, being under pressure is a normal part of life. But becoming overwhelmed by stress can lead to mental and physical health problems or make existing problems worse.

It's important to put measures in place to reduce any stress you are feeling and to take a moment to think about your own wellbeing and find out more on how to manage stress. For more details, read our stress awareness guide [here](#).

Dealing with change is hard for everyone and can be extremely stressful, for more information on handling change and improving your resilience read our guide [here](#).



Nutrition

Being overweight can cause various health concerns and according to Cancer Research UK, overweight and obesity is the second biggest cause of cancer. Keeping a healthy weight reduces the risk of 13 different types of cancer. Diabetes and heart disease are also other conditions that you have a higher chance of developing if you are obese.

It is therefore important to ensure you are eating a balanced diet. For more details, read our healthy eating guide [here](#).



Mental Health

It's important that you take care of your mind as well as your body.

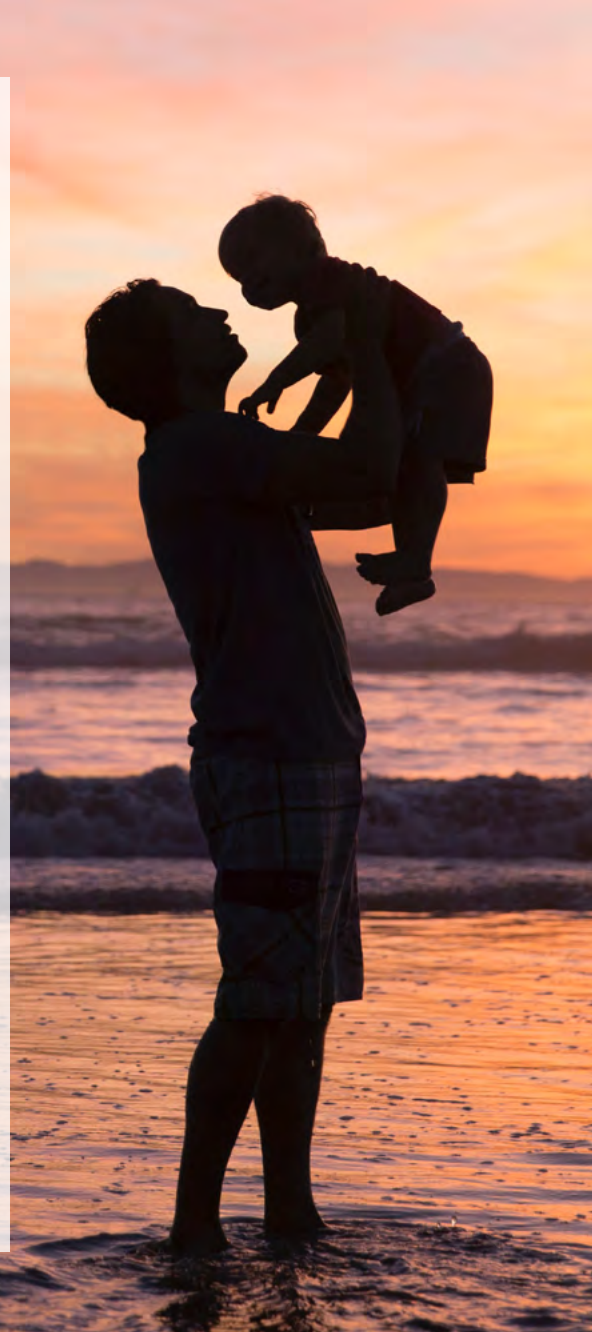
Evidence suggest there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

1. **Connect with other people** – Good relationships are important for your mental wellbeing. This may be more difficult at the moment, but still try to connect with others by video call or on a social distanced walk.
2. **Be active** – this is great for both your physical and mental wellbeing.
3. **Take notice** – paying more attention to the present can improve your mental wellbeing. Click [here](#) to try mindfulness.
4. **Learn new skills** – continued learning though life enhances self-esteem and encourages social interactions and a more active lifestyle.
5. **Give to others** – research suggests that acts of giving and kindness and being part of community life can improve your mental wellbeing.

For more details on the 5 steps to wellbeing click [here](#).

It's as important to look after your mental health as it is your physical health. For more details, read our mental health guide [here](#).

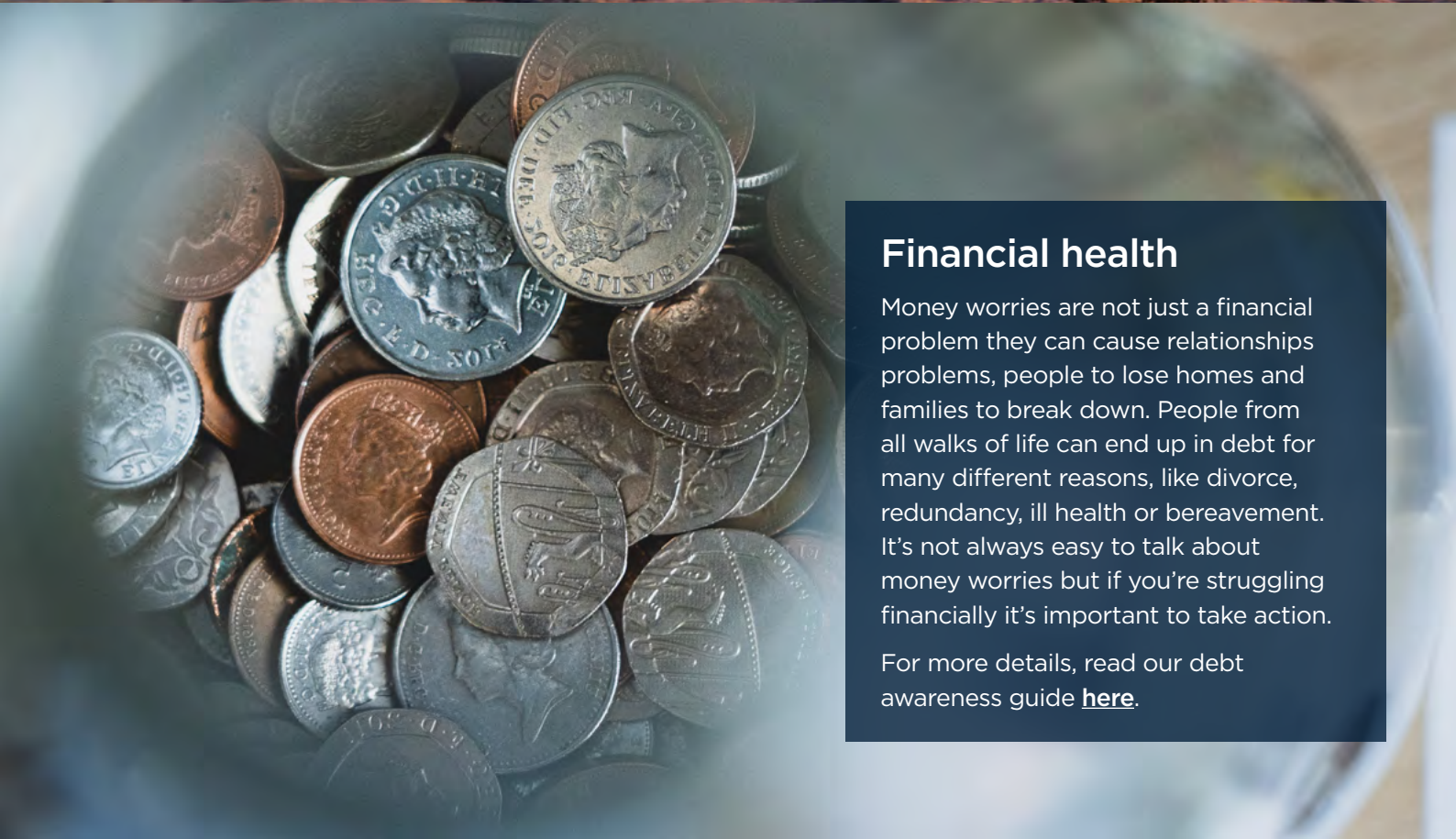
Don't be afraid to ask for help if your mental health is starting to deteriorate or you're struggling to cope.



Financial health

Money worries are not just a financial problem they can cause relationships problems, people to lose homes and families to break down. People from all walks of life can end up in debt for many different reasons, like divorce, redundancy, ill health or bereavement. It's not always easy to talk about money worries but if you're struggling financially it's important to take action.

For more details, read our debt awareness guide [here](#).



Financial problems is one of the biggest worries that can negatively affect your mental health. According to the Police Federation's annual Pay & Morale survey results published in December 2021 73% of respondents said that they feel worse off financially compared to 12 months ago.

It's important to start talking about money worries before your situation gets worse. Talking about money will give you the confidence to get help and find out who can best advise you on any problems.

It can give you a great sense of relief to share your problems, so you're not facing them alone. It's important to seek professional advice as soon as possible and not wait until it's more difficult to find a solution.



Police Mutual Services

Our Care Line Service provided by Health Assured can offer advice and information, helping with a range of concerns including emotional support. Take a look at the e-portal or download the APP.

Health & Wellbeing e-portal

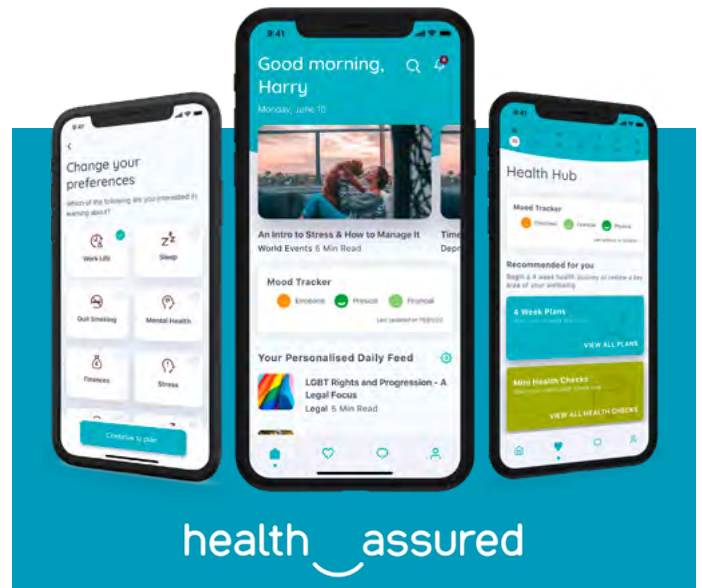
<https://healthassuredapp.co.uk>

Username: policemutual **Password:** careline

We've teamed up with **PayPlan***, one of the UK's leading free debt advice providers, who offer free and confidential advice to anyone in serious financial difficulties.

They're able to advise you on a range of debt solutions suited to your individual circumstances, helping to protect you and your family with a sustainable way to manage your debt.

Get free and confidential help to combat your debt, call **PayPlan*** on 0800 197 8433.



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Download the **Health Assured App** and register today - your code is **MHA107477**

Police Mutual

To read more of our wellbeing guides take a look at our Wellbeing Hub [here](#).

Call us 01543 441630
Visit policemutual.co.uk

We're open from
9am - 5pm Mon - Fri

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