

Optimising Technology



Welcome... to your August Wellbeing Calendar.

This month we look at technology and how we can use it to optimise our health & wellbeing. Making sustainable fitness and lifestyle changes can be complex, we need three factors to be present; **motivation, capability & opportunity.**

That's exactly what our health & wellbeing app MyLife does. Our scientifically calculated health score, challenge activations, AI coach & rewards programme all work together to support our users at every stage of their wellbeing journey. **Don't miss this month's Health of the Nation Challenge & experience the benefits of MyLife for yourself!**

Orla King
MyLife Marketing Manager



MON	TUE	WED	THUR	FRI
<p>01 Aug 1-7 World Breastfeeding Week It's a dilemma every mother of a new-born faces. But for those who wish to and can breastfeed, World Breastfeeding Week - aims to promote and encourage the practice.</p> <p> Read more</p>	<p>02 Why Health and Wellbeing is Going Digital This report from Irish Life Health looks at the future of virtual health care.</p> <p> Read more</p>	<p>03 MyLife's Health of the Nation Challenge starts today! Let's get out there and get active! Track 100K steps on MyLife by 16th August to be entered into our prize draw for a 2-night stay at Finn Lough</p> <p> Learn more</p>	<p>04 Irish Life Health of the Nation 2022 The latest Health of the Nation report shows new insights into the impact COVID-19 has had on the health and wellbeing of the Irish population.</p> <p> Check out the full report</p>	<p>05 How much fluid does the average, healthy adult living in a temperate climate need? An adequate daily fluid intake is: • 3.7 litres per day for men • 2.7 litres per day for women Source: Mayo Clinic</p> <p></p>
<p>08 Stay SunSmart this Summer Dr Neil Reddy, Precision Health recommends that we follow the SunSmart Code: Check out the article below from Irish Life Health for further guidance.</p> <p> Learn more</p>	<p>09 The Importance of hydration for our wellbeing Wellbeing Specialist, John Paul Hughes, Zevo Health explains the importance of hydration for our health and wellbeing.</p> <p> Watch now</p>	<p>10 Managing Your Family's Digital Consumption Chris Flack from UnPlug explains why it's important for parents to 'disconnect' from devices as much as possible to encourage healthy behaviours and habits in their children.</p> <p> Read more</p>	<p>11 MyLife's Health of the Nation Challenge - we're half way there! Keep stepping to reach 100K steps by 16th August to be entered into our Finn Lough prize draw</p> <p> Learn more</p>	<p>12 HRHQ's Interview Series, brought to you by Irish Life Health Bowsy founder and CEO John Brady talks about how remote working is changing graduate recruitment.</p> <p> Listen here</p>
<p>15 Future Trends in the Workplace: Mental Health from Irish Life Health Mental health awareness has never been more widespread - but what does this mean for the world of work?</p> <p> Read more</p>	<p>16 Is screen time taking over your me time? 'It's great to be so connected, says Deirdre Cronnelly from Afresh, 'however it's all about striking a balance.'</p> <p> Read more</p>	<p>17 Feel the power of support with the Irish Life Dublin Race Series! The Frank Duffy 10 Mile race takes place this Saturday August 20th. Join us for Race 3 of the Irish Life Dublin race series. Available to join in app now and Go Live is this weekend 20th/21st August.</p> <p> Read more</p>	<p>18 Get the most out of your fitness wearables Fitness wearables are a great way to maintain your exercise routine. Many connect to the MyLife app helping you to stay motivated & earn MyLife points</p> <p> Read more</p>	<p>19 Podcast - Meaningful Disconnection & Optimising Technology Use Join Sarah Keane, Wellbeing Specialist for Zevo Health as she explores how we can all benefit from meaningful disconnection and how we can optimise our technology use.</p> <p> Listen today from 9am</p>
<p>22 Start your week off with a relaxing meditation Join us for this meditation to start your week on a calming and relaxing note.</p> <p> Listen here</p>	<p>23 Learn how to manage your digital consumption Digital consumption plays a huge role in keeping us all connected however too much time online can be detrimental to our health and wellbeing. This article from Zevo Health advises how we can manage our digital consumption.</p> <p> Read today from 9am</p>	<p>24 Being Active Deserves to be Rewarded! As well as access to the full range of features on the MyLife App, our users can also earn points for health behaviours and redeem them in the MyLife Reward Store. Access the store via your MyLife app.</p> <p> Check out your rewards</p>	<p>25 Webinar - Financial Wellness - Preparing for the 'What-ifs' of Life Life can throw financial curveballs at us at any time. This month, we are joined by Jim Stapleton, who shares how we can protect ourselves and our household against these threats.</p> <p> Register & join today at 11 am</p>	<p>26 Digital Detox Tip If you want to break the 'scrolling habit', set yourself a timer to reply to message, look at your favourite apps and then put your phone away.</p> <p></p>
<p>29 Guide to Sea Swimming Five important factors to bear in mind as you prepare to make a splash!</p> <p> Read more</p>	<p>30 Best Wearables for your Wellness It can be tough to stay motivated when it comes to keeping active. Check out this guide from Irish Life Health</p> <p> Read more</p>	<p>31 Check out our blog for more Don't forget you have a range of great online articles available on the Irish Life Health Blog.</p> <p> Read more</p>	<p>Brought to you by WORKlife and our trusted affiliate partners</p> <p></p> <p>WORKlife is a new health and wellbeing consultancy from Irish Life, providing organisations with a host of scientifically validated wellbeing programmes; designed to have a real and meaningful impact on the wellbeing of your people and the health of your organisation. Link in with your dedicated Irish Life Account Manager or Wellbeing Consultant or get in touch to find out more.</p>	