

Mental Health



Welcome

With an increase in employees looking to employers to support their mental health and wellbeing, Dr. Carol Rogan looks at how we can equip leaders and managers with the skills needed to support employee's mental health in the workplace.

[Read the full article - May 4th.](#)

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Mon

01
Happy May Day!
Enjoy the Bank Holiday.



Tues

02
Your May Wellbeing Calendar is here



CHECK YOUR EMAIL

Weds

03
This month's theme is Mental Health

Use this calendar to prioritise Mental Health for you and your team.



Thurs

04
Managing Mental Health at Work

with Dr. Carol Rogan.

[READ MORE](#)



Fri

05
MyLife Workplace Fitness Challenge

One week down! Let's go week 2.



08

Skin Cancer Prevention Month

Keep skin safe with Dr Neil Reddy.

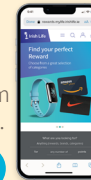


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09

Get rewarded for Being Active

Earn points & redeem your MyLife Rewards.



[LEARN MORE](#)

10

Owning your Mental Health

A webinar with Grushenka Arnold, Zevo Health.

[WATCH NOW](#)

11

National Bike Week

Starts this weekend, May 13th -21st.



[FIND OUT MORE](#)

12

MyLife Workplace Fitness Challenge

One week to go. Keep stepping!



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Mental Health Awareness Week

Be prepared to tackle Mental Health in the workplace. Ask a Wellbeing Consultant.

16

The importance of Mental Health breaks

with Shauna Farrell, Zevo Health.



[LISTEN](#)

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World Hypertension Day

High blood pressure is highly responsive to diet, exercise and reducing stress.

[READ MORE](#)



18

World Meditation Day on Sunday 21st

Meditation can help our Mental Health

[READ MORE](#)



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MyLife Workplace Fitness Challenge

Ends today! Congratulations to all who took part.

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Psychological Flexibility & Navigating Change

with Pamela Lennon, Zevo Health.

[WATCH NOW](#)

23

Take a Break in Nature

Get outdoors to relieve mental tiredness and reduce stress.



[READ MORE](#)



25

Sweat to reduce Stress

Regular exercise improves Mental Health and Wellbeing.

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26

Download MyLife

Set wellbeing goals on our health and wellbeing app.

[DOWNLOAD](#)



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6 Ways to improve Employee Mental Health

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30

Journaling

Write down how you are feeling. It's a great way to process thoughts and feelings.



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World No Tobacco Day

Commit to Quit. It reduces the risk of chronic diseases, stress and depression.

[LEARN MORE](#)

