

Flourishing



Welcome

This month, join us for valuable insights from Grace Walsh, Irish Life Wellbeing Consultant, on the concept of flourishing and the PERMA model. Discover practical micro-actions for thriving daily. Don't miss her articles on May 2nd and 7th. Tune into a super podcast on creating and maintaining real-life relationships in this digital age with well-known relationship expert Esther Perel and renowned thought leader Brené Brown. An eye-opening listen!

Here's to flourishing together!

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Mon

06
Happy Bank Holiday!
Rest, relax and recharge today.



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Tues



07
How we can Flourish & the PERMA model
With Grace Walsh, Irish Life Wellbeing consultant.

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Weds

01
This Month's Theme is Flourishing
Discover practices to help you live your best, most fulfilling life.



08
Get Rewarded for Being Active
Earn points & redeem MyLife rewards.



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Thurs

02
What is Human Flourishing?
With Grace Walsh, Irish Life Wellbeing Consultant.

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09
Workplace FITNESS
Challenge 24

1 WEEK TO GO

Fri

03
Workplace FITNESS
Challenge 24

One week down!
ON TO WEEK 2

10
BikeWeek
National Bike Week starts tomorrow!

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13
European Mental Health Week



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14
Managing Mental Health at Work
with Dr. Carol Rogan.



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15
MyLife MAY 5k a day Challenge



[SIGN UP HERE](#)

16
MyLife Workplace Fitness Challenge Ends Today!
Thanks for taking part

17
Supporting Employee Mental Health
A guide for employers and HR professionals.

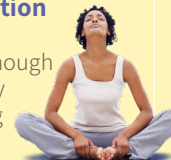
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20
International HR Day
Celebrating and acknowledging the hard work of HR professionals.



[LISTEN](#)

21
World Meditation Day
Can't sit long enough to meditate? Try Yoga for moving meditation.



[CLICK HERE](#)

22
National Volunteering Week
Boosts happiness, mental health and connects people.

23
Use the Science of Flourishing
to increase your wellbeing - Harvard Business Review.

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24
MyLife
Did you know you can set Wellbeing Goals on our app.



[DOWNLOAD](#)

27
Creating real-life relationships in the Digital Age
Esther Perel and Brené Brown discuss.

[LISTEN](#)

28
World Nutrition Day



29
Download MyLife
Set wellbeing goals on our health & wellbeing app.



[DOWNLOAD](#)

30
Practice Gratitude
Write down 3 things you are grateful for this week.

Write it down

31
World No Tobacco Day
Encourage people to commit to quit.

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