

Men's Health and Wellbeing



Michelle Dolan talks about warning signs and supports November 8th

Welcome

November is dedicated to Men's Health Awareness, with International Men's Day on November 19th. It's the ideal time to focus on men's wellbeing, with valuable resources available throughout the month. Our 'Health of the Nation' research revealed an 8% increase in male distress since 2022. See November 8th, as Michelle Dolan discusses strategies for supporting men's mental health. Plus, an epic 10-day MyLife Challenge starts on November 9th.

Join us for a focused, active, and accountable month!

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Mon



06
30 Mins of Movement
Use the MyLife app to achieve this goal and track your progress.

[DOWNLOAD](#)

Tues



07
Lung Cancer Awareness Month
Still the leading cause of death for men.

[REDUCE YOUR RISK](#)

Weds

01
National Stress Awareness Day
Avoid burnout.

[FIND OUT MORE](#)

Thurs

02
November
Tackling men's health - cancers, mental health and suicide.

[FUNDRAISE](#)

Fri

03
Get Ready...
The MyLife 10 Day Challenge starts on Thurs 9th.

[SIGN UP HERE](#)



13
Happy World Kindness Day



14
World Diabetes Day
Diabetes affects over 537m people around the world.

[FIND OUT MORE](#)

15
Nutrition & Immunity in Winter
Advice from our partner, Food Choice.

[READ MORE](#)

16
Stigmas & Myths
Ann Gleeson, psychologist talks men's mental health.

[LISTEN](#)



17
International Men's Day
This Sunday, November 19th



20
Get into the Sunlight
Now the days are shorter, try and get your daily dose before work or during lunch.



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Tips for Improving Men's Physical & Mental Wellbeing



[CLICK HERE](#)

23
Happy Thanksgiving



24
Social Connection is Vital
Loneliness has doubled since 2019 (Health of the Nation).

[DOWNLOAD](#)

27
Nutrition Tips
for men's mental health.



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28
Men's Health in the Workplace
How organisations can support.



[FIND OUT MORE](#)

29
Winter Wellness Tips
How to stay healthy this winter.



[READ MORE](#)

30
Plan Ahead for 2024
Start planning next year's Wellbeing Strategy.

[TALK TO US](#)

