

Wellness Reset



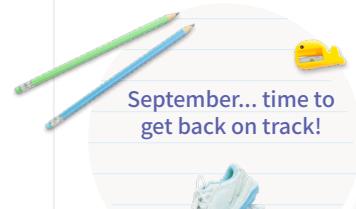
Welcome

As summer ends and routines return, it's the perfect time for a 'Wellness Reset.' Let's refocus on health, embrace fitness, and revive those feel-good habits. Explore this month's articles on nutrition, grab a tasty and healthy snack idea, mark special awareness days, and catch up with Stacey Machesney, Head of Irish Life Wellbeing as she examines the key wellbeing trends of 2023 so far.

Reminder! Join our STEPTember Challenge!

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Mon



04
Join the **STEP**tember Challenge

Tues

Win this amazing prize



WIN A €5,000 family holiday voucher

[SIGN UP HERE](#)

Weds

06
Tip #2
Prepare healthy lunches for the week to keep energy levels up.



Thurs



07
Reset Recipes with Rab Das, Irish Life Wellbeing.

[READ MORE](#)

Fri

01
Tip #1
Organise your workspace to help boost focus, productivity, and creativity.



08
Look after your Mental Health
This Sunday is Suicide Prevention Day.

[FIND OUT MORE](#)

11
Tip #3
Plan out your weekly calendar to set you up for the week.



12
Key Wellbeing Trends from the First Half of 2023 with Stacey Machesney, Irish Life Wellbeing.

[READ MORE](#)

13
World Sepsis Day
Learn the facts and warning signs.

[LEARN MORE](#)

14
The **STEP**tember Challenge



Keep going

15
It's the weekend!
Time for some R&R so you can recharge for next week!

18
Tip #4
Snack prepping is important. Have something healthy to reach for when cravings hit.



19
Healthy Recipe
Check out our peanut butter energy ball recipe, packed with fibre & protein!

[RECIPE IDEA](#)

20
GAA National Inclusive Family Week
Starts this Saturday 23rd.



[FIND OUT MORE](#)

21
World Alzheimer's Day



[FIND OUT MORE](#)

22
Culture Night
Social Connection has a positive impact on our wellbeing.



[WHAT'S ON](#)

25
European Week of Sport
A reminder of the importance of an active and healthy lifestyle.

[CLICK HERE](#)

26
Tip #5
Commit to learning a new skill – painting, writing or learning a foreign language.



27
Keep up the Great Work!
if you're training for the Irish Life Dublin Marathon in October.



28
Use the MyLife app to track your workouts - it's great way to keep motivated.

[DOWNLOAD](#)



29
World Heart Day
Time to look after the ticker!



[READ MORE](#)