

Health of the Nation 2023



Health and Wellbeing in Ireland

Our recently published 2023 Health of the Nation report reveals a decline in overall physical and mental health - despite people's perception that their health is improving. Key findings include people are exercising less and putting on weight while the Irish Life National Health Score has decreased yet again. Also, 28% report persistent stress and anxiety, while loneliness and isolation have nearly doubled since 2019.

On a positive note, there's a strong desire to live healthier lives. To get back on track, we need to prioritise preventive health measures and provide the right supports.

For more insights you can access the full report [HERE](#).

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Mon

02 Health of the Nation 2023
Stacey Machesney shares her insights on Page 4 of the report.

[READ HERE](#)



Tues

03 It's Breast Cancer Awareness Month
Book your screening and check yourself regularly.

[FIND OUT MORE](#)



Weds

04 Get Moving
It's a great way to deal with anxiety - these simple desk stretches can be done anywhere.

[WATCH](#)



Thurs

05 Mindfulness
Helps with anxiety and stress. Check out this 1 minute practice.

[VIEW HERE](#)



Fri

06 Health of the Nation 2023
Browse the full report.

[VIEW HERE](#)



09

Start the week strongly
Set yourself a step target and use the MyLife app to track your progress.

[DOWNLOAD](#)



10

World Mental Health Day
Equipping employees to deal with stress, anxiety and build resilience? We can help.

[CONTACT US](#)



11

Journaling
Keeping a diary can help identify anxiety causes.



12

Managing Mental Health in the Workplace
by Dr Carol Rogan.

[READ MORE](#)



13

Owning your Mental Health
A webinar with Zevo Health.

[WATCH](#)

16

Better Sleep = Better Mood
Great tips for getting a good night's sleep.

[READ MORE](#)



17

Challenge your thoughts
Anxiety can trigger repetitive thoughts. Try writing them down and challenging them.



18

World Menopause Day

[GO TO SITE](#)



19

Get Support for Money Worries
It can be overwhelming and cause stress and anxiety.

[GO TO SITE](#)



20

World Osteoporosis Day

[GO TO SITE](#)



23

Spend time in Nature
It has a positive impact helping us to feel calmer and less stressed.



24

Connect with Others
If you're feeling low, talk about how you feel - anxiety can be very lonely.



25

Eat & Drink Healthily
Feeling anxious can cause us to reach for junk food and alcohol.

[READ MORE](#)

26

Evaluate your Work Life Balance
Try to make small changes that lead to a better balance.



27

The Irish Life Dublin Marathon
Takes place this Sunday 29th. Best of luck to all participants!



30

Happy Halloween
Don't be afraid to enjoy the Bank holiday :)



31

Planning your 2024 Wellbeing Strategy?

[TALK TO US](#)



DOWNLOAD
the Irish Life Health of the Nation Report 2023