



MAY WELLBEING CALENDAR

DIGITAL WELLBEING



WORK *life*

 Irish Life



DIGITAL WELLBEING
with Head of Health & Wellbeing at Irish Life
Stacey Machesney

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3rd *May Bank Holiday*

There's still time to join *MyLife*

STEP IT TO STONEWALL CHALLENGE [here](#)

4th



May Wellbeing Digest

Check your inbox for this month's release

5th **Don't miss Darkness Into Light 2021**



Find out more information on how to sign-up & [fundraise here](#)

6th **Get ready to explore the great outdoors**



with our *MyLife* Camping Bundle

Search **PointsPlay** in the *MyLife* Reward Store to play today

7th **DIGITAL WELLNESS DAY 2021**

How do you manage your digital consumption?

Zevo Health Coach Dr Michelle Teo shares her insights on how best to balance your screen time. [Read from 9am](#)

10th **Go The Distance with *MyLife***

From 10th-31st May help your local athletics club hit a 500km target to be entered into our prize draw

[Join the challenge today](#)



11th **Destress with *MyLife***

Set yourself a meditation goal on *MyLife*

Go to **Goals > Lifestyle Coach** to pick your goal



12th **International Nurses Day**



Zevo Health Coach Leanne O'Morain Health Coach discusses **how we can destress from work**

[Register here](#)



13th **5 Tips to Help You Digitally Detox**

Wellness Consultant Carrie Budds shares her advice on how to stay in control of your scrolling

[Read now](#)



14th **Boost your fitness with *MyLife* PointsPlays**

Play 350 points to be in with a chance to win a **€75 Nike Voucher** or **Fitbit Inspire 2**

Search **PointsPlay** in the *MyLife* Reward Store




17th **International Day Against Homophobia, Biphobia & Transphobia**



Introduction to meditation with Zevo Health Coach Dr Michelle Teo

[Watch from 9am](#)





18th **5 minute meditation**

to help you relax & unwind with Zevo Senior Health Coach Kristin Finkbeiner

[Watch from 9am](#)



19th **The Benefits of Meditation**


Zevo Health Coach Aoife Kinsella shares her insights & how to implement it into your life

[Read from 9am](#)



20th Zevo Health Coach Thomaz Lopes discusses the most **effective ways to detach from outside noise**


[Watch from 9am](#)



21st **End the week on a relaxing and calming note**

Join Zevo Senior Health Coach Kristin Finkbeiner for a 5 minute guided meditation

[Watch from 9am](#)



24th

Don't miss the latest articles on the Irish Life Health Blog

[Read now](#)



25th **Prioritising wellbeing & worklife balance**

Chupi Sweetman chats to Zevo Health on her journey as founder & CEO of Chupi Jewellery

[Listen from 9am](#)



26th **Don't Miss the *MyLife* Apple Bundle**



Play 3,500 *MyLife* points to be entered into our big Apple PointsPlay for an iPhone 12, AirPods & HomePod

Search **PointsPlay** in the *MyLife* Reward Store

27th **Prioritising Sleep**

Zevo Health Coach John Paul Hughes discusses the **Importance of Sleep** & how to achieve good quality sleep

[Register now](#)



28th **Improve your sleep with *MyLife***

Set yourself a sleep goal on *MyLife*

Go to **Goals > Lifestyle Coach** to pick your goal



31st **WORK *life* FITNESS CHALLENGE 2021**

Starts 9th June

Watch this space



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to Darkness Into Light 2021