

Mental Health Awareness & Women's Health

Optimal Mental Wellbeing

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- Michelle Dolan



WORKlife

Introducing

The **MyLife** Podcast

Hosted by Jarlath Regan



MON	TUES	WEDS	THURS	FRI
<p>04 How to achieve positive mental wellbeing Zevo Health's Kristin Finkbeiner explores for mental health awareness month</p> <p> Watch from 9am</p>	<p>05 Don't miss the Croi Virtual Night Run this Friday 8th October Track your run on the MyLife app</p> <p> Download <i>MyLife</i> here</p>	<p>06 GAA Healthy Clubs My Mind Matters Challenge Supporting Samaritans Ireland Starting 10th October</p> <p> Find out more here</p>	<p>07 Join Zevo Health's latest webinar How to Achieve Purpose & Meaning Live from 11am</p> <p> Register here</p>	<p>01 October Wellbeing Digest Check your inbox for more details</p> <p> Check your email</p>
<p>11 Don't miss The Science of Health and Happiness Online Course from RCSI Centre for Positive Psychology and Health available now</p> <p> Register here</p>	<p>12 Get the latest news & resources from the World Health Organisation's World Mental Health Day Campaign</p> <p> Find out more here</p>	<p>13 It's Breast Cancer Awareness Month Check out the latest campaigns from the Marie Keating Foundation</p> <p> Find out more here</p>	<p>14 There's still time to join the GAA Healthy Clubs My Mind Matters Challenge</p> <p> Join on <i>MyLife</i> today</p>	<p>08 Croi Virtual Night Run 2021! Join us on MyLife</p> <p> Download <i>MyLife</i> here</p>
<p>18 World Menopause Day 2021 Raising awareness of the menopause & supports available to improve health & wellbeing</p> <p> Find out more here</p>	<p>19 Menopause in the Workplace Watch back our Instagram Live with our Wellbeing Consultant Sarah Kerrigan & Ireland's 1st Menopause coach Catherine O'Keeffe</p> <p> Search Irish Life Health on Instagram</p>	<p>20 Exploring Women's Health in the Workplace with Zevo Health and Hormone Health & Fitness Specialist Jackie Grant</p> <p> Listen from 9am</p>	<p>21 Nutrition in Menopause Looking after your heart with dietitian Sarah Keogh</p> <p> Read now</p>	<p>15 End the week on a positive note Guided Mindfulness Session With Zevo Health's Kristin Finkbeiner</p> <p> Watch from 9am</p>
<p>25 Do you understand the importance of Self-Care? Zevo Health's Kristin Finkbeiner shares her insights</p> <p> Read from 9am</p>	<p>26 Find 10 minutes in your day to meditate Set yourself the 10-minute Meditation Goal on MyLife</p> <p> Tap Coach > Goals > Lifestyle Coach</p>	<p>27 Zevo Health's Thomaz Lopez discusses how to avoid burnout in our lives & achieve positive mental wellbeing</p> <p> Watch from 9am</p>	<p>22 Check out the range of educational videos resources available from the International Menopause Society</p> <p> Watch now</p>	<p>28 From getting a good night's sleep to coping with anxiety Check out our list of the best free Mental Health Podcasts & Apps</p> <p> Read now</p>
				<p>29 Our GAA Healthy Clubs My Mind Matters Challenge ends tomorrow at midnight tomorrow!</p> <p> Keep going!</p>

10th OCTOBER World Mental Health Day 2021
Take 30 minutes a day for you
Join the GAA Healthy Clubs **My Mind Matters Challenge** on *MyLife* here

