

# Wellbeing Newsletters



## Print or by email

Let YSM develop a newsletter for you on a monthly basis. It can include any promotion of your events plus your own photos. Newsletters can be by email and if you wish it printed, let us know and we can cost it for you.

Each month the Health Directions Newsletter has a different theme similar to the poster campaign such as healthy heart, no smoking, improve sleep, healthy eating, be fitter and more active. All newsletters are bright with lots of good information and graphics.

## How it works

Send the information you wish for your newsletter so that YSM can add your logo, personalise the top part of the first page and on the second half of page 4 add your information such as pictures, promote your events, any details you wish or if you haven't got anything we can add a competition such as a word search. The newsletter is emailed as a pdf document to a named contact within your organisation and they ensure that it is circulated to all employees - as easy as that.

The email version can have a link to video clips as well as healthy and useful resources. Printed copies are available on request.

All Wellbeing newsletters are written by healthcare professionals. YSM main themes and focus are on four specific areas:-

1. **Health** - physical and emotional. Ensuring that keeping fit and healthy will lead to being healthier and happier.
2. **Nutrition** - focus on a healthy and nutritious diet, improving immune system including immune boosters.
3. **Active** - by being more active this will help to improve wellbeing and helps to be more motivated.
4. **Performance** - this includes goal setting and setting priorities for work and for home.

Cost is dependent on the number of employees - cost effective method to start an innovative and proactive wellbeing programme.

[www.yourstressmanagement.co.uk](http://www.yourstressmanagement.co.uk)  
E: [info@yourstressmanagement.co.uk](mailto:info@yourstressmanagement.co.uk) Tel: 0141 416 0779

# Posters

## By email

Let YSM design an A4 poster which can be emailed to you with your logo to personalise it and then it can be emailed to all employees. Suitable to go up on notice boards and be part of a campaign.

If you would like printed posters, please ask for details.

## Here are some examples of monthly posters or campaigns:

January - resolutions, goal setting

February - healthy heart

March ovarian and prostate cancer awareness

April - mental health awareness

May - smoking, alcohol awareness

June - diabetes

July - fun in the sun

August - calories, fruit, vegetables

September - be fitter, walk more

October - be happy, sleep better

November - stress awareness, prevention

December - healthy eating, have fun

**Cost** £20 per poster (or order 12 for the price of 10)

**How it works** - just send your logo and we will do the rest

If you wish another poster campaign - get in touch and let us know what you would like.

## Set up team challenges

We can set them up for you or give you some templates such as challenges for walking, fitness, steps, nutrition, wellbeing, personal goals, team goals.



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