Lena
By Inspire

Ready for a healthier happier you?

As the days grow longer and the sun shines brighter (we hope!), it gives us the perfect opportunity to slow down, to reflect, and to focus, on what truly matters – our wellbeing. **In this issue, we're shining a light on the simple but powerful ways you can support your mental health this summer.**

Employee E-Zine: July & August 2025

Alcohol awareness

Alcohol awareness week takes place from 7th to 13th July 2025.

Sip smart this summer

Summer is made for socialising – BBQs, garden parties, weddings, and long, sunny evenings spent with friends or family.

For many of us, these moments may include a drink or two. And while there's nothing wrong with raising a glass, it's important to keep our wellbeing in mind and enjoy alcohol in a way that feels good - in the moment - as well as the morning after!

Top tips for mindful drinking:

Stay hydrated

For every alcoholic drink, have a glass of water. It keeps you feeling refreshed and helps prevent dehydration (and hangovers!).

Don't drink on an empty stomach

Eating before and during drinking slows the absorption of alcohol, helping you stay in control and feel better overall.

Know your limits

Pace yourself and remember you don't have to keep up with anyone else. Drink mindfully and stop when you've had enough.

Plan ahead

If you're heading out, sort out a safe way to get home – designate a driver, pre-book a taxi, or use public transport.

Mix it up

Choose lower-strength options or alternate alcoholic drinks with alcohol-free choices like sparkling water, soft drinks, mocktails, or 0% beers and wines.

Remember, less is more

Alcohol can feel like part of the celebration – but it's your company, conversation, and laughter that truly make a good time great.

This summer, let good memories be your best buzz. Drink smart, stay safe, and savour every moment.

There's a wide range of information and resources on **'Alcohol and Mental Health'** available on the Lena Support Hub.

You could also visit our **'Virtual Bar'** and count the units you're planning on having at your next summer event – how does this line up with the recommended guidelines?

visit the alcohol section of the Hub

Self-care is prevention

In a world that often demands our constant attention and energy, Self-Care Day takes place on 24th July and is a powerful reminder that caring for yourself isn't a luxury – it's essential. And summer, with its longer days and brighter skies, offers the perfect opportunity to recalibrate and reconnect with what nourishes your mind, body, and soul.

Summer self-care tips

Move with joy

Aim for 30 minutes of moderate activity (walking, swimming, cycling) at least a few times a week.

Root yourself outdoors

Sunlight, fresh air, and nature are powerful mood boosters. Try beach or forest walks, picnics, or outdoor yoga.

Prioritise sleep

Longer evenings can disrupt sleep patterns. Wind down with screen-free routines and aim for 7 to 8 hours a night.

Eat colourful, nourishing food

Fill your plate with seasonal fruits, fresh salads, lean proteins, and wholegrains. Hydrate smartly – keep alcohol and caffeine to a minimum – drink more water!

Connect meaningfully

Digital breaks and face-to-face time with friend and family feed your happiness. Host relaxed get-togethers or send a message to a friend to organise a catch up.

Start (or revisit) a hobby

Whether sketching, stitching, singing, or stargazing, creative pursuits can calm the mind and bring joy.

Practice digital downtime

An afternoon off-screen can dramatically reduce stress. Try a screen-free picnic for two or a tech-free family day out – leave the phones and tablets at home.

Lena support hub

The '5 Steps to Wellbeing' section of the Lena Hub gives loads of helpful suggestions of self-care activities you can try.

find out more about Take 5

You can also use our online 'Gratitude Diary' to note 3 things you are grateful for on a daily or weekly basis.

log what your thankful for

July's FREE webinar

Personal effectiveness

Personal effectiveness skills are all about taking charge of your own growth – learning how to manage yourself better, build confidence, and keep developing in both your personal life and your career.

When: Wednesday, 2nd July 2025
Time: 12.00pm to 1.00pm
Visit Enthuse via the link below to register
(NB Maximum 500 places available).

Key objectives of this short online session are:

- How to get clarity and focus on your priorities
- Appreciation of the skills needed to manage your time effectively
- Look at 'time stealers' and how to tackle them
- How to develop resilience strategies to manage the pressure of time
- Learn how to introduce structure and best practice to monitor and review action plans
- Tips and techniques to maintain a focused approach

Click here to book your place

August is Happiness Happens Month

Summer has a way of lifting our spirits – longer days, warmer weather, and a sense of freedom in the air. It's the perfect time to pause, recharge, and reconnect with the things that bring you joy.

Whether it's a walk in the sunshine, a beach day with friends, a spontaneous road trip, or simply sitting outside with a good book – these feel-good moments aren't just fun. They're vital for your mental wellbeing.

Why doing what makes you happy is so powerful:

Boosts mood naturally

Engaging in enjoyable activities triggers the release of dopamine and serotonin – your brain's natural 'feel-good' chemicals. Whether it's dancing, gardening, painting, or playing with your dog, these moments can help reduce stress and increase feelings of calm and contentment.

Builds emotional resilience

When you regularly invest in your happiness, you create a buffer against life's everyday stresses. You're more likely to feel balanced, focused, and capable – even when things get a bit hectic.

Strengthens relationships

Many of our happiest moments come from shared experiences – laughing with friends, family BBQs, or community events. Prioritising joy can help you connect with others and build stronger, more supportive relationships.

Improves focus and energy

Doing what you love isn't a distraction – it's fuel. It recharges your mind, sharpens your focus, and gives you energy to face challenges with a more positive outlook.

Your summer happiness checklist

☀️ Spend at least 15 minutes outdoors each day
🎧 Revisit a favourite album or podcast
📅 Plan one fun activity each week (no screens allowed!)
💬 Catch up with someone who makes you laugh
🎨 Try a new hobby or pick up one you used to love

This summer, give yourself permission to enjoy life.
You don't need to earn happiness – you just need to make space for it.

August's FREE webinar

Yoga for the stages of menopause

When: Thursday, 14th August 2025
Time: 12.00pm to 1.00pm
Visit Enthuse via the link below to register
(NB Maximum 500 places available).
*Suitable for beginners to yoga

Key objectives of this short online session are:

- Build confidence and resilience
- Gain a deeper understanding of your body and how to manage the effects of stress on the body and mind
- Learn about the physical, emotional and hormonal changes experienced during menopause

Click here to book your place

This is a sample from our new 6-week 'Yoga for the stages of menopause' course. It is designed to guide women through one of life's most significant transitions (and the decades beyond) imparting knowledge, support and empowerment.

Participants will need an open area to move around (ideally with space to lie down) along with a yoga mat/towel.

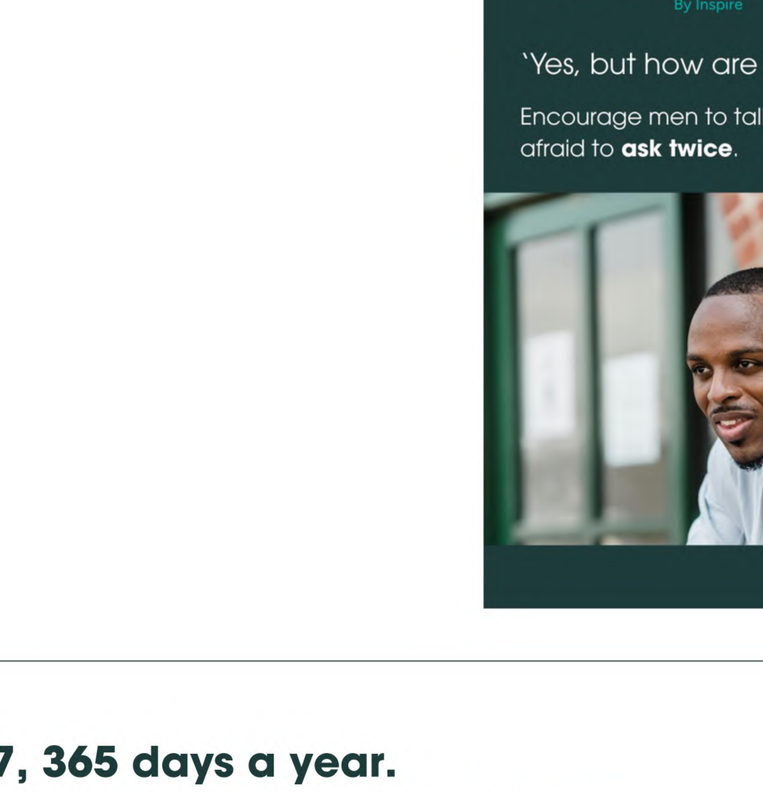
Follow us on our socials

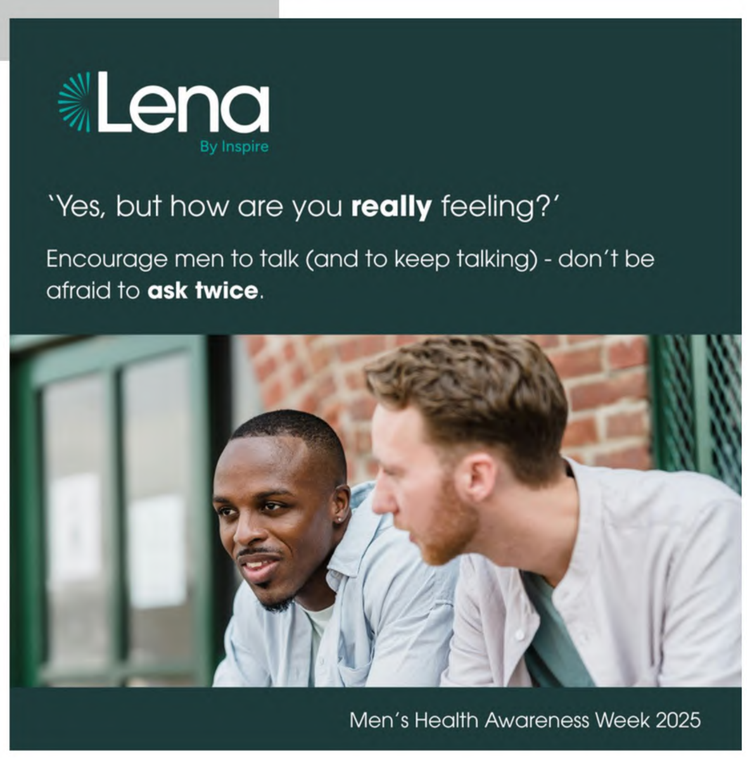
Our LinkedIn and Instagram pages are a great way to stay up to date with all things Lena.

We would love it if you could help us grow by:

- giving both pages a follow (just scan and then click on the QR codes below) or search for **@lenabyinspire**
- Engaging with us via our socials on topics of interest by commenting on, and sharing, our posts

@LENABYINSPIRE





Remember, we're always here to help - 24/7, 365 days a year.
Just call your Lena helpline number, or email: support@lenabyinspire.com