

Health Matters Assistance Programme

Employee Support Bulletin March 2012



Just some of the issues covered...

Stress & Anxiety

Depression

Bullying & Harassment

Performance at Work

Self-Confidence

Managing Pressure

Retirement

Family Life & Relationships

Divorce & Separation

Illness, Health & Wellbeing

Childcare & Parenting

Eldercare

Bereavement

Traumatic Incidents

Nutrition



People have varying views as to what a healthy diet consists of. However, what is right for you - and what you enjoy - is another matter. Healthy diets can become short term fads, finding a diet that you can depend on and you know is healthy is far more useful.

You can gain helpful advice and information about healthy eating and good nutrition from the Employee Assistance Programme (EAP). Healthy eating will help you:

- *Increase energy levels*
- *Live longer*
- *Be healthier*
- *Look younger*
- *Have less body fat*
- *Have strong bones*
- *Have good posture*
- *Relax and sleep well*
- *Have strong muscles*
- *Avoid disease and illness*
- *Have joints that move well*
- *Be more alert*
- *Protect your heart and cardiovascular system*

Available 24 hours-a-day, 7 days-a-week, 365 days-a-year !



You may also find information on the HMAP Secure Website:

www.hmap-hub.co.uk