

21st August 2026

Inclusion North News



Looking After Your Wellbeing.

August is Happiness Happens Month.



It is a good time to think about the things that help us feel happy, healthy and supported.



Looking after our wellbeing is important for everyone. Good wellbeing can help us feel more confident, manage challenges and enjoy life.



There are lots of simple things we do for our wellbeing. Spending time with people we care about, getting enough sleep, eating healthy food and being active all can help.



Taking time to do things we enjoy is important too. This could be listening to music, spending time outdoors, reading a book or enjoying a favourite hobby.



Some days can be more difficult than others. If you're feeling worried, stressed or upset, it can help to talk to someone you trust. You do not have to handle problems on your own.

Wellbeing at Work



Work, volunteering and other activities can be an important part of wellbeing. They help people learn new skills, build confidence and meet new people.



It is important that workplaces are supportive and inclusive. Taking regular breaks, asking for support when needed and having reasonable adjustments can help people feel comfortable and valued.



When people feel supported, they are more likely to enjoy what they do and achieve their goals.



We can all support wellbeing by being kind, checking in with others and offering help when it is needed. Small acts of kindness can make a big difference.

Wellbeing Tip.



Check in with yourself.

Ask yourself 3 questions:



- Have I had enough to drink today?
- Have I had enough rest?
- Have I done something I enjoy?