

**Hello**, this wellbeing Newsletter is for you so please let us know anything you would like to see in future newsletters by emailing [SchoolsWellbeing@kirklees.gov.uk](mailto:SchoolsWellbeing@kirklees.gov.uk)



2025

[Happier January | Action for Happiness](#)

[How can we start the new year well?  
Happier January with Vanessa King](#)



## How to overcome "January Blues"

### **Talking to someone**

Whether you are experiencing January Blues or depression, a helpful treatment for both is to discuss how you are feeling with others.

### **Keep active**

Research has shown that a daily one-hour walk in the middle of the day could be as helpful as light treatment for coping with the winter blues.

### **Get outside**

Go outdoors in natural daylight as much as possible, especially at midday and on brighter days. Inside your home, choose pale colours that reflect light from outside, and sit near windows whenever you can.

### **Eat healthily**

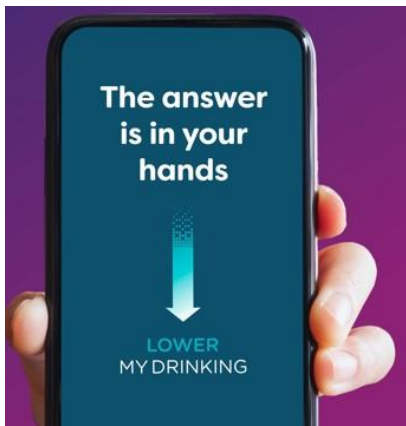
A healthy diet will boost your mood, give you more energy and stop you putting on weight over winter. Balance your craving for carbohydrates, such as pasta and potatoes, with plenty of fresh fruit and vegetables.

### **Practicing mindfulness**

Mindfulness can help us move from autopilot and become more aware of our present moments. It has been proven effective in reducing stress and anxiety.

### **See your friends and family**

It's been shown that socialising is good for your mental health and helps ward off the winter blues. Make an effort to keep in touch with people you care about and accept any invitations you get to social events, even if you only go for a little while.



### Help to lower drinking – free app

#### [Home - Lower My Drinking](#)

The FREE lower my drinking app offers a confidential way for you to check how much you're drinking and find out how it may be affecting your health and wellbeing. Once installed, the app will give you all the guidance and support you need, to help you cut down on alcohol.

[Lower My Drinking](#) web link access

Change live grow national services - [Find a service near you | Change Grow Live](#)

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The water regulator Ofwat announced its five-year plan for English and Welsh water costs. Overall, it's permitting firms to increase bills by a typical 36 per cent over that period, but much of that rise is front-loaded, which means the big jump comes in April 2025 with a typical 20 per cent rise.

The fact you can't switch supplier might leave you thinking it's a done deal when it comes to try and save money but that might not be the case. You can check out the guide below which is overflowing with tips, with helpful need-to-knows covered.

[Nine tips that could cut costs on your water bill](#)



### **Don't forget EMPLOYEE HEALTHCARE services**

[Our Workplace Wellbeing](#) enables you to self-refer for wellbeing team appointments, counselling, Mini MoTs, smoking cessation, 1-1 menopause support and physiotherapy. Managers are also able to make referrals for services you are not able to self-refer into. You will just need to check that your school buys into Employee Healthcare Services before you complete a referral. If you

want to use our services, you can contact us for your company reference and create your portal account.

For more information about services, you can also contact Employee Healthcare on 01484 226424 or email [employee.healthcare@kirklees.gov.uk](mailto:employee.healthcare@kirklees.gov.uk)

Please also take a look at our [Employee Health Care Resources page](#) on business solutions that is updated regularly with our newsletters and available Carefirst webinars.

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Thank you, wishing you good health and happiness!