



my Health my way

Created for NHS, primary care and county council staff

A new **wellbeing website** and **FREE behavioural coaching** service created specifically for NHS, primary care and county council staff

* **Request 1:1 support from a behavioural coach**

Your coach can help you to achieve wellbeing goals such as coping with stress, increasing your physical activity or eating more healthily.

"My mind has been all over the place and now I feel much more focused. I'm going to use the website to get back on track."

"I was really struggling and now I feel much more positive. My perspective has changed. I'm going to put myself first for a while."



* **Browse a library of over 450 resources**

Topics include stress and burnout, mood, diet, physical activity, menopause, finance and more.

* **Complete the guided step-by-step action plan for change**

www.myhealthmyway.info



SCAN ME