The last 3 years has presented many people with challenges and enormous change in their day to day lives, which in turn can impact our wellbeing. To promote positive wellbeing, Care first provide all staff members in your organisation with access to our Lifestyle website – a comprehensive hub of wellbeing resources including articles, webinar content and interactive tools to help you take control of your own wellbeing. Some of the helpful content is outlined in this article...

Online Counselling -

Care first’s Lifestyle site includes an online counselling portal. If you’re unable to find that private quiet space then this tool will assist you if you are in need of emotional support. The online counselling portal is available Monday to Friday 8am-10pm, Saturday and Sunday 9am-5pm.

Stress Questionnaire -

The Lifestyle Questionnaire Stress test is a quick and easy way of assessing how well you are currently managing the demands of life and work. The total score will provide you with a brief analysis and some suggestions about how to manage your current situation.

1. Do you suffer with difficulty in sleeping?
   - a. Not at all
   - b. Rarely
   - c. Sometimes
   - d. Often
   - e. Very Often

2. Do you find it difficult to concentrate?
   - a. Not at all
   - b. Rarely
   - c. Sometimes
   - d. Often
   - e. Very Often

3. Do financial problems get you down?
   - a. Not at all
   - b. Rarely
   - c. Sometimes
   - d. Often
   - e. Very Often

4. Do you feel you have to be the ‘coper’ for the family or for colleagues, with no option for seeking support for yourself?
   - a. Not at all
   - b. Rarely
   - c. Sometimes
   - d. Often
   - e. Very Often
Budgeting Calculator -
As well as articles and webinars on topics such as mental health, bereavement and stress, the Lifestyle site also hosts an interactive budgeting calculator. The calculator is very helpful if you are worried about your finances, are planning a new purchase, or simply wish to review your spending to see where you may be able to save money. If you need help using the calculator you can seek the assistance of one of our Telephone Information Specialists, or if you require any emotional support you can speak with a Counsellor in confidence by calling the Care first Freephone number provided by your organisation.

Your income

<table>
<thead>
<tr>
<th>Your household income</th>
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<tbody>
<tr>
<td>You can enter weekly, 4 weekly or calendar monthly figures.</td>
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<tr>
<td>Any one off Annual Income Payments must be divided by 12 to get your monthly amounts. For example, if you are paid an annual bonus of £1000, you will divide this by 12 - £83.33, round this up to the nearest penny and this will be the figure you will enter - £83.40</td>
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<tr>
<th>Pay after tax</th>
<th>Weekly</th>
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<tr>
<td>Tax credits</td>
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<td>Child Benefit</td>
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Articles and Information -
The Care first Lifestyle site includes a hub of resources and information on a wide range of topics covering issues at Home, at Work, Health and there is also a Management area providing information for those with leadership responsibilities as part of their role.

The Lifestyle site is a great starting point if you are thinking of contacting Care first to learn a bit more about the support we provide, or to gain some useful information about the topic or issue you may be calling with.

If you’re not sure what your organisation’s unique login details are, please speak with your line manager or HR department.

For more information you can join our live webinar titled ‘Care First Lifestyle – Your Digital Well-being Solution’ on Monday 18th Dec 2023 at 12pm. Please use the following link to register your attendance:

https://attendee.gotowebinar.com/register/4530820672131647833

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.