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National Wellness Month

Looking After Yourself, One Habit at a Time



Every August, National Wellness Month puts the spotlight on something easy to forget in the day-to-day: looking after yourself. It's a reminder to slow down, check in and build small habits that support your physical and mental wellbeing – not as a one-off, but as something that lasts.

This month is about self-care, reducing stress and building healthier routines. None of it requires a complete overhaul. Small, consistent changes tend to stick and they add up.



Why It Matters

Work, family and daily life can make self-care feel like the first thing to drop when time is tight. National Wellness Month exists to push back on that, encouraging people to:

- Prioritise self-care, not as an indulgence but as maintenance.
- Build healthier habits around food, movement and sleep.
- Find practical ways to manage and reduce stress.
- Make wellbeing a regular part of life, not an afterthought.

Three Areas to Focus On This Month

1. Self-Care

Self-care looks different for everyone, but it usually comes down to giving yourself permission to rest, recharge and do things that genuinely make you feel better without guilt.

That might be:

- Setting a consistent bedtime and protecting it.
- Taking your full lunch break, away from your desk.
- Spending time on a hobby that has nothing to do with productivity.
- Setting boundaries around your time, so work doesn't spill into evenings or weekends.



2. Stress Reduction

Stress is part of life, but chronic, unmanaged stress takes a real toll on sleep, mood and physical health. Simple, repeatable techniques can make a noticeable difference:

Try a few minutes of deep breathing or mindfulness each day.

Keep a brief journal to process what's on your mind.

Get outside – even a short walk can help lower stress levels.

Notice when you're holding tension physically (shoulders, jaw) and consciously release it.

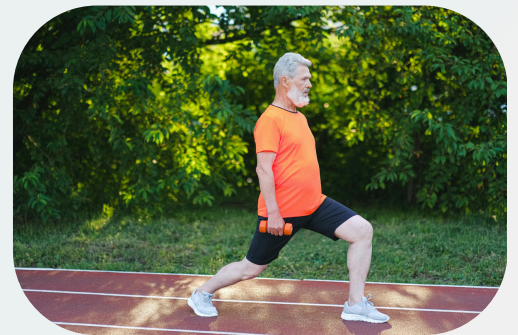


3. Healthy Habits

Healthy habits compound. You don't need to change everything at once – pick one or two and build from there.

Here's where to start:

- Add one more glass of water to your day.
- Move your body in a way you enjoy, even if it's just 15–20 minutes.
- Prioritise sleep as seriously as you would a meeting.
- Cook one more meal at home this week than you normally would.



A Small Challenge for the Month

Pick one habit from each category above and commit to it for the next four weeks. Track how you feel at the end of the month – not your weight, not your output, just how you feel. Small, sustained changes are far more likely to last than dramatic ones.

Support Is Available

If stress, sleep or general wellbeing has been harder to manage lately, that's worth talking to someone about – there's no need to wait until it becomes a bigger problem.

Same-day GP appointments, mental health support and physiotherapy are available through Doctor Care Anywhere, by phone or video, wherever you are.

If you're in crisis or worried about your immediate safety, call 999 or the Samaritans on 116 123 (free, 24/7) – you don't need to wait for an appointment.



How can Doctor Care Anywhere help



24/7 GP and ACP Appointments

- Same-day virtual consultations.
- Instant access to medical advice, prescriptions, and fit notes.
- Available anytime, from home, the office, or on the go.



Mental Health Services

- Confidential sessions with mental health practitioners.
- Early intervention for anxiety, stress, and low mood.
- Assessment, treatment and support, including access to therapy and digital health tools.



Tailored Physiotherapy Support

- Virtual assessments and recovery plans for musculoskeletal concerns.
- Clinician-led support for pain, injuries, and posture-related issues.
- Expert assessment, diagnosis and treatment plans to aid recovery and prevent long-term issues.