



Peace of Mind: Health Assured's new video podcast

We're delighted to announce the launch of our brand-new video podcast series Peace of Mind. In this exciting series, we'll dive deep into a range of mental health topics with our incredible counsellors here at Health Assured.

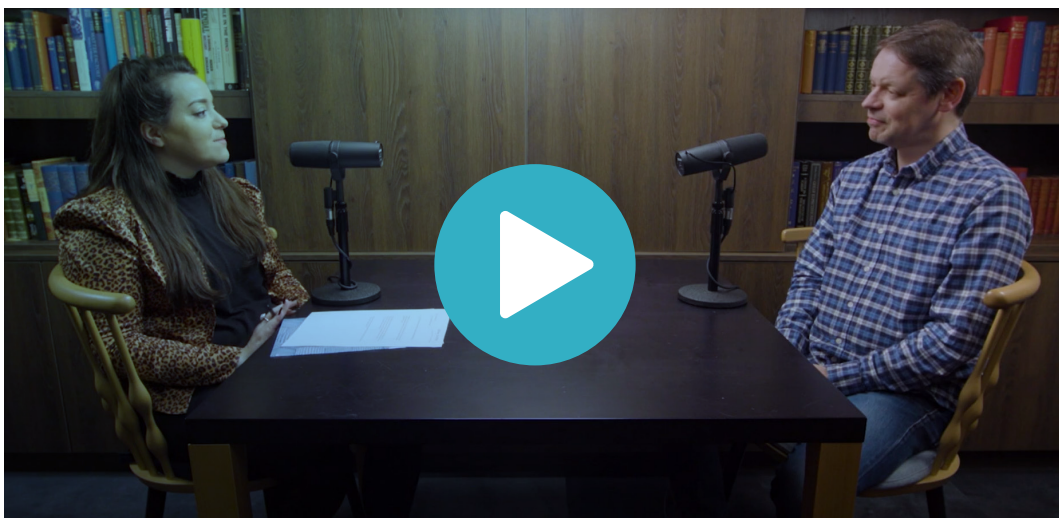
We've taken to the experts to uncover knowledge, tools, and tips on life's difficulties with our host and Head of Clinical Support—Kayleigh Frost.

We caught up with Kayleigh to get her thoughts on the podcast, she said: "I'm so humbled to be able to showcase the exceptional clinical experience of our very own counselling team. This series helps to really highlight the importance of talking so candidly about what might often be seen as difficult topics."

The topics chosen frequently occur as common themes across our counselling services here at Health Assured. So it's important to us that we share as much useful information as possible. We want to explore all aspects of mental health and the different types of support available. You can find out the details of our video podcast topics below.

Work-related stress - 05/04/2022

In our work-related stress podcast, we spoke to Kristian Parsons who untangled any confusion surrounding work-related stress. Kristian considers three recurrent components of work-related overwhelm; struggling to say no, putting others' needs before your own, and perfectionism. He touches on the signs of workplace stress, reaching crisis point and recommendations on how to cope.



Women's mental health - 03/05/2022

Our women's mental health podcast features Victoria Harrison who touches on a range of interesting topics, including the menstrual cycle, menopause, and external pressures faced by women. Kayleigh and Victoria go into detail on how many women struggle to be their authentic selves and feel frightened to show weaknesses. Victoria sheds light on how women can improve their mental health by being real and connecting with others.

Self-esteem - 07/06/2022

It was Sajid Iqbal who tackled the topic of self-esteem by looking at self-image and how this can sometimes cause tension in our lives. Sajid discusses how a positive relationship with yourself can allow you to be kind to yourself, say no and make mistakes—without beating yourself up. He touches on how to change your ways of thinking to reduce anxiety and improve self-esteem. Kayleigh and Sajid discuss imposter syndrome, causes of self-esteem, confidence and much more.

Grief - 05/07/2022

Georgia Colleton and Kayleigh sat down for a surprisingly light-hearted yet truthful discussion on grief. Georgia demystifies and reassures us that there is no right or wrong way to grieve. The chat looks at timescales of grief, loss and how to help others who are grieving. Georgia reminds us of the importance of working through your feelings and not being afraid to reach out for counselling when you need it. She also touches on how employers can provide a safe space for employees struggling with grief.

Over the coming weeks, we'll be releasing each of these podcasts on Youtube, Spotify and Apple Music. We'll also be posting links to the videos on our socials. So stay tuned and remember to share the podcasts with anyone you think would benefit.