

Vitae Chat

Pūrongo

November 2025

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Movember tip sheet: Men's health

By addressing both mental and physical aspects of wellbeing, men can be proactive about their short and long-term health.

To read the full tip sheet, please download from the link above.



Physical health

Regular exercise

Aim for 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity weekly.

Regular medical check-ups

Schedule regular check-ups for heart health, diabetes and cholesterol.

Reproductive health

Get yourself checked for STIs semi-regularly, particularly when you're sexually active. Remember to always use protection.

Heart health and diabetes

Consume a heart-healthy diet rich in fruits, vegetables, whole grains and lean proteins.

Sleep quality

Ensure 7-8 hours of quality sleep each night to aid recovery and maintain overall health.

Alcohol and smoking

Limit alcohol intake and avoid smoking.

Mental health

Mindfulness and activity

Practise stress-reduction techniques such as physical activity, which naturally reduces our levels of stress hormones.

Social connections

Maintain strong relationships with friends and family.

Seek help

Don't hesitate to seek professional help if you're not feeling yourself or find you are worried, stressed or angry a lot of the time or having trouble sleeping.

Work-life balance

Whenever you can, try and get more balance between your work, home and 'me time' to prevent burnout and maintain your mental wellbeing.

Hobbies and interests

Engage in hobbies or activities to provide mental relaxation and reduce stress.

Overall wellbeing

Balanced lifestyle

Remember that there's nothing weak about saying no to requests or responsibilities, or asking for advice. Try not to take too much onto yourself and allow others to support you both at work and home.

Positive mindset

Try to focus on the present and not regrets of the past.

Training opportunities: Nov-Dec 2025

Interactive Microsoft Teams community workshops every Wednesday 11:00am-12:00pm. Registrations are \$50+GST per person and capped at 2 participants per business for each workshop.

Wednesday 5 Nov

Understanding and managing stress

Wednesday 3 Dec

Managing Workloads and Pressure

Wednesday 12 Nov

How to have challenging conversations

Wednesday 10 Dec

Creating a Workplace Wellbeing Action Plan

Wednesday 19 Nov

Dealing with conflict

To book a wellbeing workshop for any of the above topics or other content for your workplace or team, contact workshops@vitae.co.nz

FREE webinar: Wellbeing and money tips at Christmas

We know this time of year can be tough, with different types of Christmas stress and new-year costs looming.

We want to help you plan ahead to make this time a bit easier on yourself, so come along and get some wellbeing tips from Sharon and some money tips from Scott (Money Maverick).

'Scott is the real deal! He takes all the anxiety and stress out of budgeting and actually makes it exciting to build a better relationship with money.'

Wednesday 19th November

1:00pm - 2:00pm

Don't forget to register below before the event to receive your joining link.

[Register for this webinar](#)

Menopause awareness and education (online)

Education and awareness workshop

90mins for all staff levels. Available for our shared Vitae community online for \$50+GST pp.

- Thursday 6th November
11:00am - 12:30pm

Manager education workshop

90mins workshop. Requires first attending the awareness and education workshop.

- Tuesday 18th November
12:30pm - 2:00pm

Needs 8-15 people to run for \$230+GST pp. Each attendee will receive practical resources post workshop attendance.

To register, email workshops@vitae.co.nz noting the name(s) of attendee(s), email address, organisation, whether a PO code is required, the workshop date and who to send the invoice to. Please put 'the name of the workshop' in the subject line.

[More info on menopause awareness and manager workshops](#)

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