

National Wellness Month is observed in August, and it's the perfect time for people to think about their personal health. Studies have shown that individuals who tend to their own self-care have reduced stress levels, improved concentration, lower incidences of depression, improved happiness levels, and increased energy levels.

Health is the most important thing a person has, so it's up to them to safeguard it and ensure they protect it. This can be done during this month, and all year round, by adding more fruits and vegetables to their diet, getting more exercise, ensuring they get enough sleep and learning how to calm themselves in stressful situations.

Wellness supports can be found in our Four Pillars of Wellbeing Toolkit –

[Four Pillars of Wellbeing Toolkit - West Lothian Council](#)