

Health & wellbeing

We all have health and wellbeing. As we take control and drive our way through life, it's important to keep an eye on our dashboard: our mental health, physical health and our wellbeing.

Our mental health and physical health changes all the time – one day we can feel great but not the next. This is perfectly normal and the same for everyone. Our mental and physical health are linked and if something affects one of them, it can impact on the other. This is where our wellbeing comes in. Our wellbeing can help us cope in times of crisis and equally, can help prevent issues affecting our health.

At the moment, we've all had to adjust to massive changes in our lives - both home and work. It's affecting us all in different ways. Our mental health, like our physical health, varies all the time. One day we feel down and the next we can feel happier or more positive.

Our mental health and physical health are linked and can affect each other. If we are stressed, our heart beats faster, we breathe hard and can have a headache. Looking after our mental health and wellbeing can help improve our physical health too. Equally, when we look after our physical health by staying active, eating or sleeping well, this also improves our mental health.

Ben, our industry charity, helps automotive industry people to navigate life and its challenges. They support people who need help with a wide range of issues – everyone is different. We all need a bit of extra support sometimes to help us get over those bumps in the road. If you're worried about your physical health, mental health or concerned about your general wellbeing, Ben is here to help, especially during these difficult times.

Check out their [Coronavirus help](#) section for tips and advice on:

- [About coronavirus \(Covid-19\)](#)
- [Money worries](#)
- [Stress](#)
- [Working at home](#)
- [Bereavement](#)

They are adding new information all the time so keep checking back or [sign up](#) to receive tips, advice and tools straight to your inbox.

You can also contact Ben's free and confidential helpline by chatting [online](#) or calling 08081 311 333. Ben's helpline can also support you in accessing their new digital support programmes to help you



with stress, anxiety, depression, money worries and resilience - which are all free of charge to people who work or have worked in the automotive industry.

The Ben team will ask you about the challenges you're facing and then work with you to create a plan to get you back on track. Whether you need support to get through this crisis or some tips, advice and tools to manage your health and wellbeing, get in touch with [Ben](#).