

THRIVING TIMES; Your Health and Wellness Dispatch

June, from bugs to bonds!



3 Ways to Reconnect for Better Health - What Bugs, Bonds & Balance Have in Common

June might just be the month your wellbeing needs ☀️

Why? Because three powerful awareness campaigns are landing this month — and together, they highlight something crucial: we're healthier when we connect. With nature, with others, and with ourselves.

Let's explore how these national weeks tie in with your wellbeing... and how to use them to create real, lasting change.

🐝 Insect Week (23–29 June): Tiny Teachers of Calm



Random? Maybe, but stay with me! Insect Week, run by the Royal Entomological Society, might not sound like an obvious wellbeing topic. But if you've ever sat in your garden watching a bee hop from flower to flower... or paused to watch ants build a nest... you know: insects teach us something powerful.

Presence. Purpose. Harmony with the environment.

Being outdoors and reconnecting with the natural world can lower stress levels, reset your nervous system, and boost mood — something I encourage in my coaching programmes regularly.

💡 Try this: Take 10 minutes this week to sit outside and observe without your phone! “*What, without my phone?!*” I hear you say, yes, just 10 minutes. Listen, watch, and breathe. It's such a simple gift you can give yourself.

Now linking with Men's Health week....

9–15 June: Time to go beyond the stiff upper lip

This year's Men's Health Week is a timely reminder that many men still face silent struggles — especially around stress, burnout, and emotional health.

Whether you're a man yourself, or someone who loves one, take a moment to check in. So often, stress builds silently until the body starts shouting — with sleep problems, low energy, high blood pressure, or poor digestion.

In my HRV-based coaching, I see time and again how hard-working men (especially in midlife) push through the warning signs — until it starts affecting performance, relationships, or health.

Real talk: If you're waking tired, craving sugar or caffeine more than usual, or constantly "on edge"... your body's asking for support, not just stamina.

💡 This month's tip: Take one action that supports physical *and* mental fitness. Maybe go for a walk without distractions. Or just talk to someone you trust. That sense of connection is so important which leads me on to Loneliness Awareness Week

Also 9–15 June, it's a busy week! Thinking about our connections

Loneliness doesn't always look like isolation. You can feel lonely in a boardroom or surrounded by family. It's often a disconnect from meaning or understanding, not just people.

The Marmalade Trust's campaign reminds us that feeling lonely is normal — but staying lonely isn't inevitable.

Loneliness affects stress levels, immune function, and mental clarity. And here's what I see in many clients: even when you're surrounded by people, it's the *quality* of connection that counts.

Coaching insight: Want to feel more connected? Start with you. Tune into your body's signals. Honour your needs. When you're connected to yourself, connecting with others becomes more authentic — and far more energising.

💡 Try this: Invite one honest conversation this week. Reach out to someone and ask how they *really* are. Or offer to share how *you're* really doing. Real connection = real wellbeing.

What Does This All Add Up To?

We thrive when we:

- Reconnect with the natural rhythms of life
- Give space for honest conversations, especially for those who often carry stress silently, sorry chaps this is all too often you
- Create calm, on purpose, in small achievable ways

It's why I talk so much about HRV (Heart Rate Variability) — not just as a metric, but as a mirror. Your nervous system knows when you're pushing too hard, skimming the surface, or ignoring your body's signals.

In June, pause and ask:

<https://linktr.ee/uniquewellth.coach>

- ✦ What brings me calm?
- ✦ What or who drains me?
- ✦ What's one thing I can choose this month that reconnects me?

💡 Want Support That Actually Works?

This is exactly what I help people uncover in my Unique WELLth coaching programmes—creating simple, clear actions that fit YOUR life and help you move from surviving to thriving.

👉 Ready for your next step? Then book a [FREE WELLth Check](#) — just 40 minutes, just for you, only 4 available per month and when they're gone they're gone.

Let's make June the month of meaningful reconnection. 🌿❤️

To nature, others and YOU

