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EAP Newsletter NOVEMBER 26

Looking after your health:

A guide for men

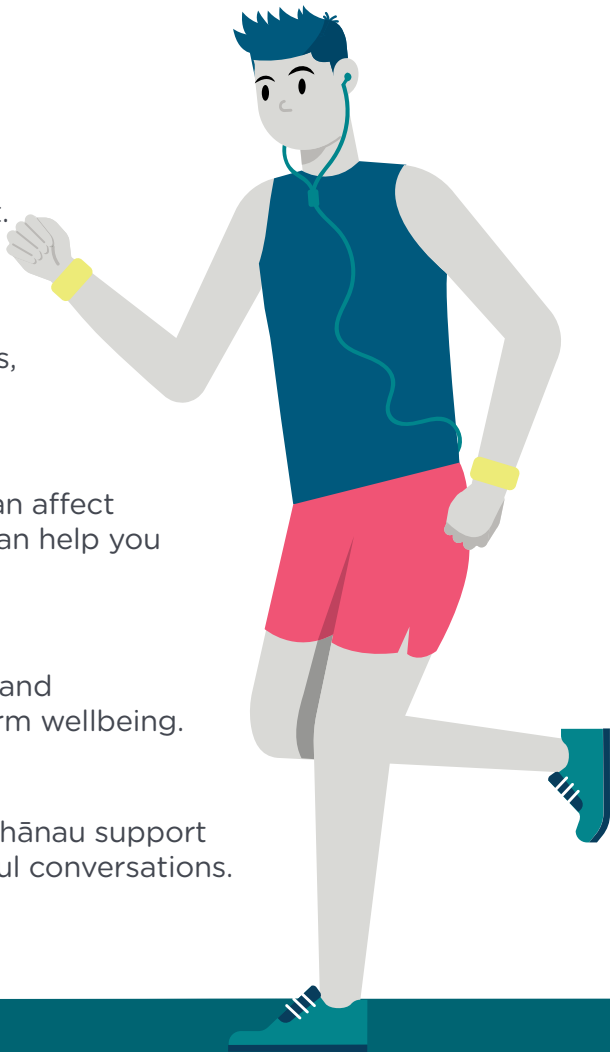
Men's health is shaped by many factors, including physical and mental wellbeing, hormonal changes, relationships and financial pressures. Some changes are easier to recognise, while others may be less noticeable or harder to talk about.

Understanding these aspects of health can help us recognise changes, seek support earlier and better support the men around us.

This Movember, we're exploring five aspects of men's health and sharing practical ways to look after yourself and those around you.

The health conversations worth having

Here are five important aspects of men's health that deserve more attention.



Mental health | How are you really feeling?
Stress, anxiety and personal challenges can affect anyone. Recognising changes in mood or motivation can help us know when to seek support.

Hormonal health | What's changing?
Hormonal changes can affect energy, mood and sexual health. Symptoms may have different causes, so professional assessment is important.

Financial wellbeing | What's weighing on you?
Money worries, debt and gambling-related harm can affect mental health and relationships. Seeking support can help you explore your options.

Physical health | When did you last check in?
Good sleep, regular movement, balanced nutrition and appropriate health checks all contribute to long-term wellbeing.

Social connection | Who's in your corner?
Strong relationships with friends, colleagues and whānau support wellbeing. Make time for connection and meaningful conversations.

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Check in with yourself or those around you

Small, everyday actions can help us look after our health and support the people around us.

Notice the changes.
Pay attention to persistent changes in sleep, mood, energy or physical health.

Make time for a check-up.
Talk to a health professional about health concerns and recommended screening.

Check in with your mates.
Make time to listen and encourage open conversations about wellbeing.

Talk about what's on your mind.
Sharing work stress, financial worries or personal challenges with someone you trust can help.

Build a healthy habit.
Choose one positive action, whether that's moving more, sleeping better or connecting with friends.

Make your Growmitment this Movember

Movember encourages everyone to make a Growmitment, a commitment to improving men's health.

Grow a moustache, get moving, host an event or make a donation. Invite your mates or workmates to join in and help keep the conversations going.

Get involved at movember.com

Watch our expert panel

Men's Health Matters

Meet Habit Health's team of experts and hear why prioritising men's health and wellbeing matters. Everyone is welcome, whether you're watching for yourself or to support the men around you.

Watch Now

Support for every season of life

Experiencing changes in mood, energy or sleep? Habit Health EAP's Men's Hormonal Health Service offers specialist assessment and a personalised four-session treatment plan.

Explore Men's Hormonal Health Service

Additional fees apply and employer approval may be required.

Scan the QR



Explore the Wellbeing Hub

Discover expert articles, practical tools and trusted resources you can access anytime, anywhere to support your health and wellbeing.

wellbeinghub.co.nz

We're here when you need us

Whether you're navigating change, looking for support, or simply want someone to talk to, we are here to help. Confidential support is available, **book an appointment online** at **eap.habit.health** by calling **0800 327 669** or by scanning the **QR code**

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