

# Make life bold, not on hold

Aviva Wellbeing



## Hey Joe,

We have a range of riveting reading material in the coming weeks to understand more about women's health. We'll explain how to stop bad eating habits when stress takes over and how to practice self-love.

We'll also bring you articles from menopause coach Cathy Houghton to help you understand this transitional time of life. It's easy to become overwhelmed when looking after friends, family or colleagues, so it's important to take some personal time.



### Rise above negativity with self-love

Feeling negative thoughts can be exhausting, learn how to reframe and stop this.

[Learn more](#)



### Stress can cause excess appetite

Why does mental health play a big part in hunger? Learn more about it with Cathy.

[Learn more](#)



### Don't put life on pause for menopause

Create balance in emotions and physical feelings to stop menopause from taking over.

[Learn more](#)



### See why menopause can cause hunger

Ease negative emotions about hunger with a few tricks, explanations and new routines.

[Learn more](#)

If you have any questions or experience any issues with the Aviva Wellbeing app, please email us at [avivawellbeinghelp@aviva.com](mailto:avivawellbeinghelp@aviva.com).



The Aviva Wellbeing Team

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