

heartbeat

May 2020 Newsletter



Helping you through COVID-19

Available Resources

Access Covid-19 resources at workhealthlife.com or login.lifeworks.com.

Wellbeing Wednesdays

Check out Wellbeing Wednesdays on Facebook live at 11:00 am EST at [Facebook.com/LifeWorksSynerVie](https://www.facebook.com/LifeWorksSynerVie)

May 4-10, 2020 is Mental Health Week in Canada.

To mark this occasion, we're launching a new microsite, "A stable mindset in an unstable world". It explores how to stay informed and support the ones you love while preserving your mental health. Visit it on May 4th at workhealthlife.com and login.lifeworks.com.

[Workplace Learning Solutions](#) can help you focus on your mental health. Click [here](#) to learn more and access helpful resources.

Free leadership webinar

Join the [Heartbeat Webinar Series](#) for this month's topic - [The Role of Leadership Through COVID-19](#), Wednesday, May 20, 2:00 pm EST. Also available to view anytime beginning on May 22nd.



Your Mental Health at Work

Stress, anxiety, depression, and other mental health issues can affect all aspects of your life including your work. However, with support, you can continue to feel productive and successful at work.

Work



Supporting a Co-worker Who May Have Mental Health Concerns

It can be hard to know whether a co-worker's troubling behaviour is just a result of a difficult emotional phase, or a signal of mental illness.

[Read More](#)

Work

Talking with Your Manager About Your Workload

It's important to talk with your manager if you have more work than you can handle so you can find ways to keep your workload at a manageable level while meeting your organization's needs.

[Read More](#)



People Leader's Corner



Managing an Employee Who May Be Depressed: Steps to take if an employee may be showing signs of depression

Depression is a widespread problem in the workplace. Being familiar with the signs of depression will help you effectively manage the situation.

[Read More](#)

Workplace Learning Solutions

Mental Health Awareness

Individuals suffering from mental illness often feel distant from friends and loved ones, and can find it difficult to perform to their maximum productivity in the workplace.

[Read more](#)



Recommended for you



Video

We All Need a Helping Hand From Time to Time

[Click here](#)

[Heartbeat Newsletter Homepage](#)



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