

Keeping a finger on the pulse of your total wellbeing with resources from LifeWorks



Budget-Proof Holidays: Tips to celebrate and save

Worldwide holiday and New Year celebrations are fast approaching! Start planning now for ways to rejoice without breaking the bank. Learn how to budget-proof your holiday spending for a happier and less stressful New Year.



Understanding and Improving Your Money Mindset

Spend wisely, save plenty, invest the rest: it sounds simple, but often isn't. Read on for tips to shift your money mindset.

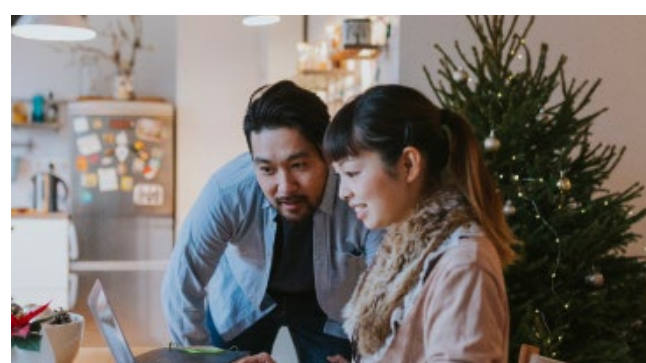
[Read More](#)



Controlling Emotional Spending (Video)

Watch our short video for tips to help you pick up on triggers that may cause emotional spending.

[Click Here](#)



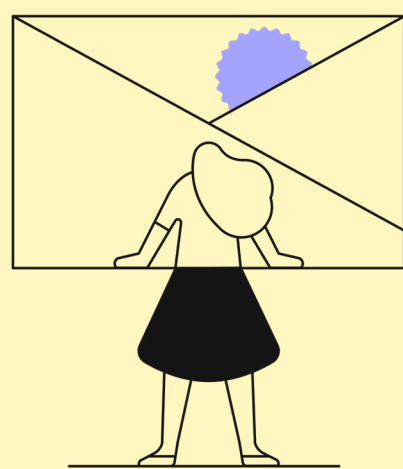
Budgeting for the Holidays

[Access on LifeWorks](#)



Supporting Financial Wellness as a Manager

[Access on LifeWorks](#)



More to explore this month

- The LifeWorks wellbeing platform is now available as an app on Microsoft Teams, bringing wellbeing into the workday so organizations and people can achieve more! [Visit our site](#) to learn more.
- [LifeWorks Learning](#) has a new name, a new website and new course offerings. Discover how we can help you build a more resilient workplace culture for the future.
- Join the [Heartbeat Webinar Series](#) for November's topic — [The Dollars and Sense of Good Financial Health](#), Wednesday, Nov 17th, 12:00 pm ET
- We are excited to present our 2022 Wellbeing Calendar! [Click here](#) to access the calendar for your region and get a look ahead to a full year of themed content.

Big brands, huge savings with LifeWorks Perks

Discover LifeWorks Perks and stay on budget for your holiday shopping! Available on the LifeWorks app, enjoy exclusive deals, exceptional Black Friday door crushers, and cashback offers on brands you love including Sephora, Nike, Sonos and more.

[Access offers on LifeWorks](#)

Your organization's program may not include LifeWorks Perks. If unable to access, review your workplace benefits or speak to your Human Resources contact.

LifeWorks supports your total wellbeing. We're here 24/7 for confidential advice and support by app, web and phone.

Your organization's program may not include all of LifeWorks' services and features. To learn more, please log in with your LifeWorks account, review your workplace benefits, or speak to your Human Resources contact.

