

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



Boosting Social Connections to Improve Mental Health

Social connections are key to wellbeing. Learn how you can build and maintain healthy relationships and find new ways to stay connected with family, friends, and colleagues to boost your mental health and wellbeing.



Making Friends at Work (Video)

Check out our short video for simple ways to maintain friendships at work.

[Watch now](#)



Effective Communication as a Manager

Learn how to create an atmosphere of open communication among your team, building positivity and productivity.

[Read more](#)

Exclusive for LifeWorks members



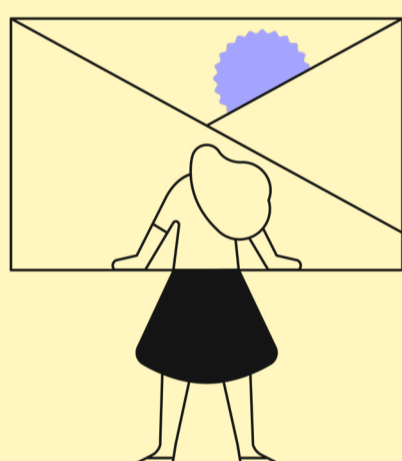
How to Build a Life of Close Connections

[Access on LifeWorks](#)



Stronger Relationships: Strengthen the Bond (Video)

[Access on LifeWorks](#)



More to explore this month

- Have you seen our 2022 Wellbeing Calendar yet? Click [here](#) to access your calendar to get a look ahead to a full year of wellbeing content.
- Employee wellbeing at work matters. It's why LifeWorks has integrated with Microsoft Teams. Visit [our site](#) to learn more.
- Explore the course offerings [LifeWorks Learning](#) has to offer and build a more resilient workplace culture for the future of work.

Big brands, huge savings with LifeWorks Perks

Enjoy exclusive deals, unique last-minute gift ideas, and gift card offers on your favourite brands, including Cineplex, Indigo, Roots and many more. Available on the LifeWorks app.



[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.

