

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



Refresh Your Wellbeing

Did you know that happiness is the single best word that captures the meaning of wellbeing? This New Year, open your mind to positive emotions—this will allow you to broaden your perspective and build your mental and emotional resources.



Refresh Your Wellbeing Using SMART Goals (Video)

Improving your wellbeing takes a plan. Check out this video for tips to achieve your wellness goals!

[Watch now](#)



Restoring Healthy Habits When You're Burned Out

Feeling overwhelmed? Staying focused and motivated on your health goals can be tough. Start small to build up positive habits.

[Read more](#)

Exclusive for LifeWorks members



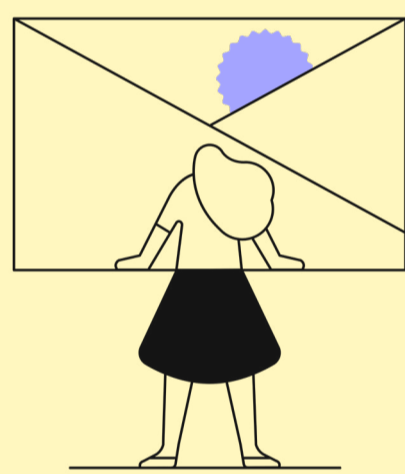
Ten Ways to Bounce Back

[Access on LifeWorks](#)



Deep Breathing (Video)

[Access on LifeWorks](#)

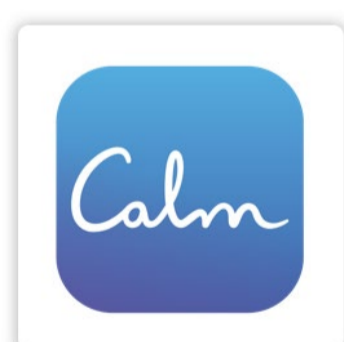


More to explore this month

- Discover [LifeWorks Wellbeing](#) and learn to understand your current state of health through one of our programs, assessments, or challenges.
- Resilient workplace culture is the way of the future of work. [LifeWorks Learning](#) can help. Check out our course offerings [here](#).
- LifeWorks has integrated with Microsoft Teams. Visit our [site](#) to learn how to put wellbeing at the heart of your organization.

Big brands, huge savings with LifeWorks Perks

Get a head start on your resolutions while making your money go further with Perks. Enjoy brands like Calm, Hello Fresh, LIFT session 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.

