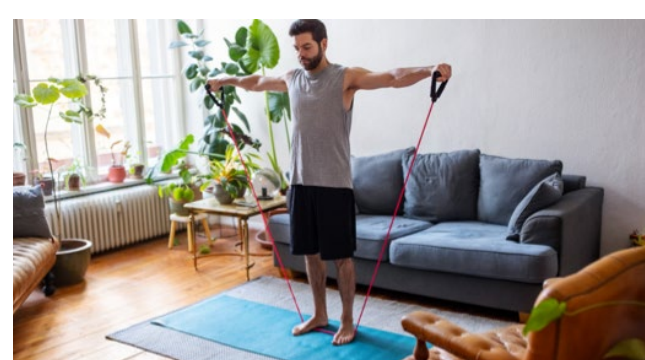


Keeping a finger on the pulse of your total wellbeing with resources from LifeWorks



Sleep Saboteurs

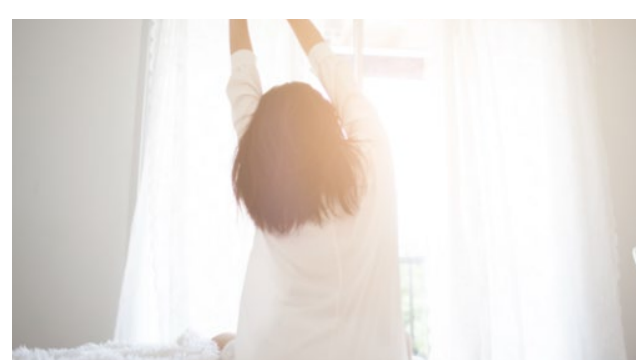
Getting too little sleep, even for a night or two, can leave you feeling exhausted, forgetful, and irritable. Making a few small and simple changes this month could make a big difference in helping you get the rest you need.



Connecting Physical and Mental Health with Mindfulness (Video)

The benefits of mindfulness go beyond improved mental health. Mindfulness may lower stress levels, improve sleep, and more.

[Watch now](#)

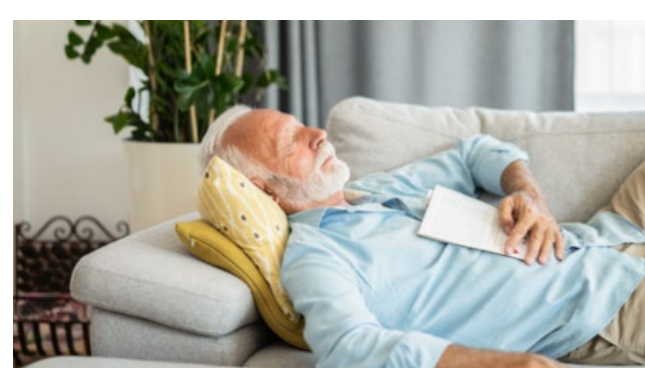


Getting a Good Night's Sleep

Sleep is vital to function at your best. If you have trouble sleeping or want to make sure you're getting enough, our sleep hygiene tips can help.

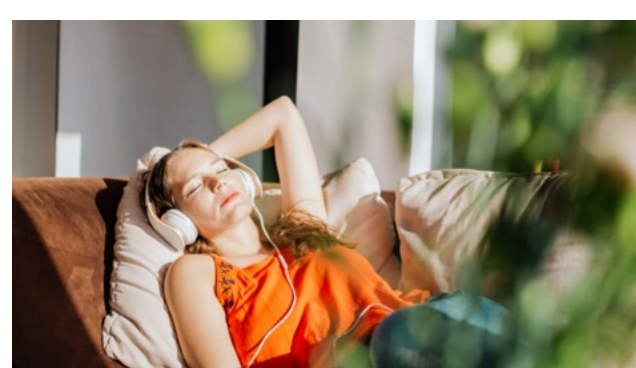
[Read more](#)

Exclusive for LifeWorks members



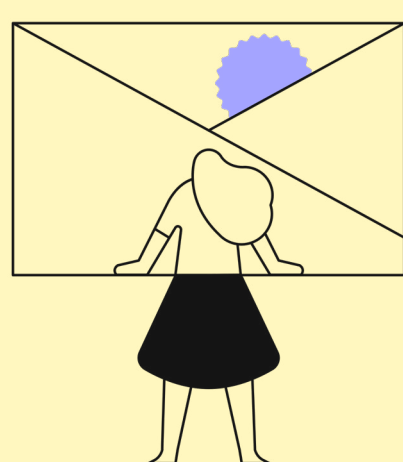
Aging and Sleep

[Access on LifeWorks](#)



Self-Care Is a Dream: Make it come true with better sleep

[Access on LifeWorks](#)



More to explore this month

- Coming soon to LifeWorks, join us as we connect with real people sharing their stories of resilience, interview experts and delve into topics that matter most — like Finding Self-Worth, LGBTQ+ Wellbeing and Allyship and Combatting Depression. Click [here](#) for a sneak peek.
- Join the [Heartbeat Webinar Series](#) for March's topic — [Mental Health and the Pandemic: A two-year review](#), Tuesday, Mar 8, 2:00 pm ET.
- Explore [LifeWorks Assessments](#) to better understand your current state of health and financial wellbeing. Learn about positive changes you can make with personalized recommendations and resources. Get started today!
- **LifeWorks Learning** offers custom learning and development, providing people with the knowledge and skills they need to succeed. Learn more and view our course offerings [here](#).
- The **LifeWorks app on Microsoft Teams** makes it even easier to access support and resources for mental health and wellbeing. Visit our [site](#) to learn more.

Big brands, huge savings with LifeWorks Perks

We've got savings that will help you sleep better at night. Enjoy deals and exclusive offers on brands like Polysleep, Casper, 1Password, 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.

