

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



Celebrate Mental Health Week and discover our new microsite — **The Ambiguous Side of Mental Health**. Visit the microsite [here](#) on May 2!

### The Ambiguous Side of Mental Health

Feeling blue? Distracted at work? Can't quite put your finger on what's wrong? It's not just you—mental health issues don't always present themselves in an extreme or obvious manner. Learn about some of the warning signs to watch out for and ways to improve your mental wellbeing.



#### Supporting a Friend, Family Member or Colleague with Mental Illness (Video)

It's often hard to know how to support a loved one or colleague struggling with mental health concerns. Take in our short video for some tips.

[Watch now](#)

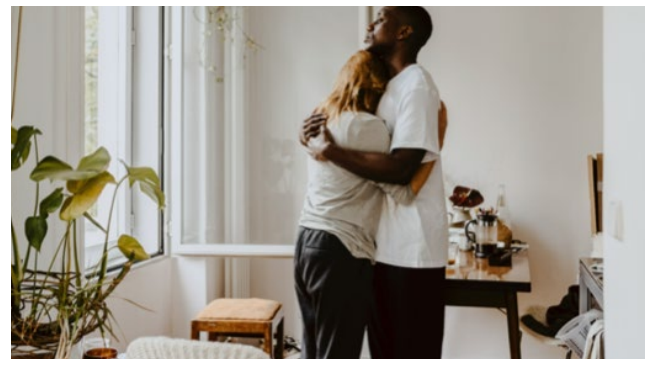


#### Languishing: What It Means and Why You Might Be Struggling with It

Having a case of perpetual blahs can dull your motivation. Get back to the flourishing life you deserve.

[Read more](#)

### Exclusive for LifeWorks members



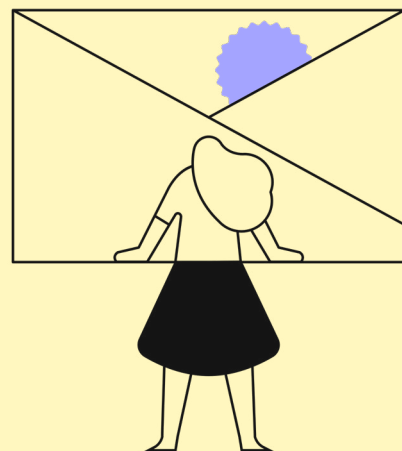
#### Emotional Labour

[Access on LifeWorks](#)



#### What is Burnout?

[Access on LifeWorks](#)



### More to explore this month

- LifeWorks Learning presents a free webinar, **No One Left Behind – Exploring the looming mental health crisis by bridging the care and inclusion gap**. On May 5 at 11:00 am ET, our panel of experts will discuss how the barriers to mental health care leave people feeling isolated and left behind. Join us for an insightful keynote address and panel discussion. Register [now](#).
- Check out our [CareNow Programs](#), a collection of virtual self-paced programs to help address wellbeing concerns from the four pillars of health – mental, physical, social and financial.

### New for LifeWorks Members

Click on the links below to access new or updated content on the LifeWorks platform

[Microsite: The Ambiguous Side of Mental Health](#)

[5-episode Video Series: Create Social Connections](#)

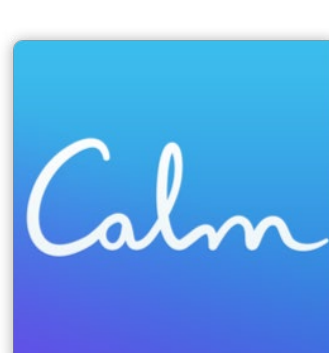
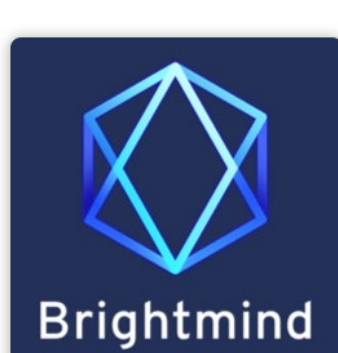
[Quick Tips for Handling an Angry or Upset Customer](#)

[Mindfulness Tips for on-the-go Use](#)



### Big brands, huge savings with LifeWorks Perks

Enjoy peace of mind while taking care of your mental health, with savings on brands like Apollo Neuro, Bright Mind, Calm 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.



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