

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



### The Power of Friendship

It is widely known that humans are social creatures. And our friendships play a vital role in our mental and social wellbeing. This month explore the benefits of friendships and ways to find and develop these important social connections.



#### How to Build a Life of Close Connections

Strong, healthy ties to others are powerful tools for boosting wellbeing and building a rewarding life.

[Read More](#)



#### Making New Friends as an Adult

Making friends can be more complicated in adulthood than in childhood. We've got tips on how you can get to know new people and develop the trust and affection that make for a lasting friendship.

[Read More](#)

### Exclusive for LifeWorks members



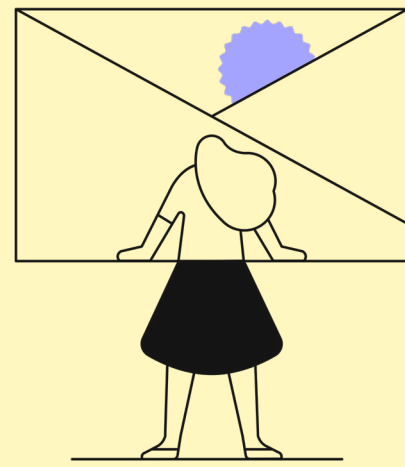
#### Relationships: Friends Keep You Healthy

[Access on LifeWorks](#)



#### Be Intentional: Create Social Connections (video)

[Access on LifeWorks](#)



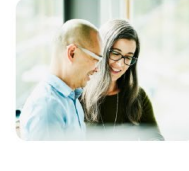
### More to explore this month

#### LifeWorks Learning Presents

Conquering Fears, Building Resilience and Skyrocketing Potential

Featuring Joze Piranian

July 19th, 2022 | 10am EST



- **LifeWorks Learning** presents a free webinar, **Conquering Fears, Building Resilience and Skyrocketing Potential**. On July 19th at 10:00 am EST. Join Joze Piranian for his blueprint on confronting challenges, building resilience, learning new skills, and reframing our relationship with fears to thrive amidst uncertainty. Register [now](#).
- **LifeWorks' Mental Health Index** shines a spotlight on the current mental wellbeing status of employed adults. In each monthly report, you'll find measured change compared to the prior month and details on the specific impact of current issues in the community. [Sign up](#) to receive monthly Mental Health Index communications.

### New for LifeWorks Members

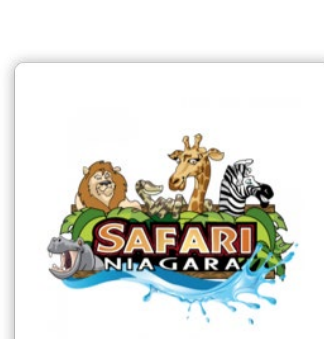
Click on the links below to access new or updated content on the LifeWorks platform

[Top 5 Excuses for Not Exercising and How to Conquer Them \(Infographic\)](#)



### Big brands, huge savings with LifeWorks Perks

Plan your next excursion with friends or family while saving big on brands like Canada's Wonderland, Ripley's Aquarium, Safari Niagara 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.

