

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



Peaceful Holidays: Getting along with your relatives

It can sometimes feel like a challenge to keep the peace with everyone in your family during the holiday season, as pressure mounts and personalities clash. You are not alone! Here are resources to guide you and your family through this sometimes-challenging time of the year.



Your Guide to Holiday Peacekeeping

Ease stress, share the load and learn to enjoy your family during the holidays with a little spirit and a lot of patience.

[Read More](#)



Apologizing Effectively

We all make mistakes that call for an apology from time to time. A sincere apology can help right the wrong and repair damage to the relationship.

[Read More](#)

Exclusive for LifeWorks members



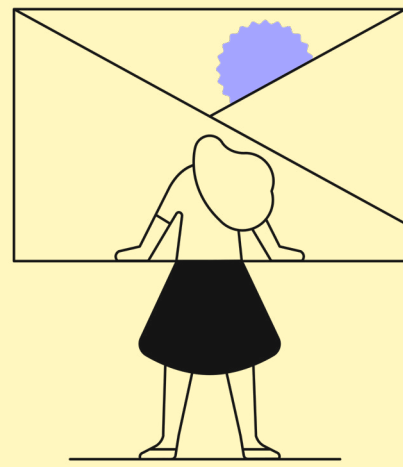
Getting Along Despite Our Differences – Episode 1: Tolerance (Video)

[Access on LifeWorks](#)



Ten Tips for Building a Strong Relationship

[Access on LifeWorks](#)







More to explore this month

LifeWorks Learning Presents

Financial Literacy is not enough – Finding financial balance in changing times

Featuring Paula Allen, Bruce Sellery and Jeremy Evanson

November 3rd 10:30am - 11:30am EST



- LifeWorks Learning presents a free webinar, **Financial Literacy is not enough – Finding financial balance in changing times**. On Nov 3rd at 10:30 am EST. As we kick off Financial Literacy Month, our expert panel will share some insights on the state of financial wellbeing in Canada, how people can better understand the control they have over their finances, and how organizations can support their people in navigating their finances and building financial resilience. 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

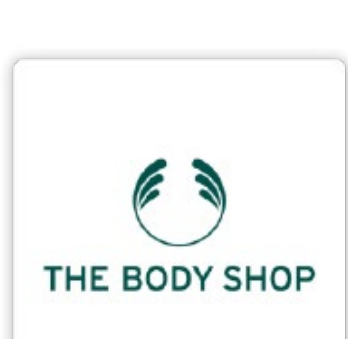
Click on the links below to access new or updated content on the LifeWorks platform

[Is Depression Affecting Your Work and Productivity?](#)



Big brands, huge savings with LifeWorks Perks

If you're going shopping for the holidays, why not save some money? Enjoy discounts on brands like Consolidated Credit, The Body Shop, HP 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.

