

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



### Wellbeing Reset

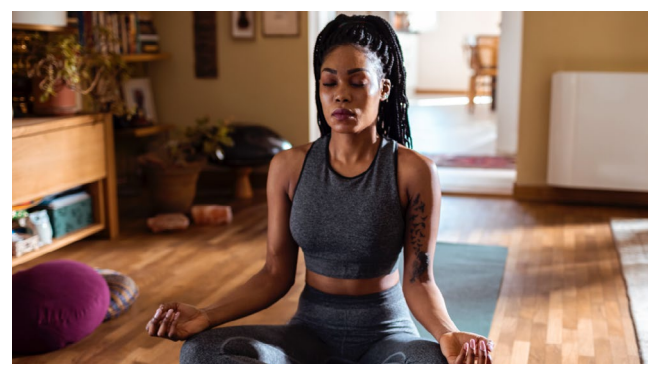
It's OK, in fact, it's often necessary to put yourself first. Create a self-care plan to help prioritise your wellbeing and refresh your state of mind.



#### Invest in Your Wellbeing: Thriving on a budget (Video)

Make the most of a limited budget and discover tips and tricks that will help you enjoy life despite financial restrictions.

[Read More](#)



#### The Importance of Self-Care (Infographic)

Self-care involves any action taken to maintain your physical and mental health. Integrate self-care into your daily life!

[Read More](#)

#### Exclusive for LifeWorks members



#### Practise Happy Habits to Boost Your Psychological Wellbeing

When we are happy, we experience positive emotions that allow us to broaden our perspective and build our resources. Here are some strategies you can use to boost your level of happiness.

[Read More](#)

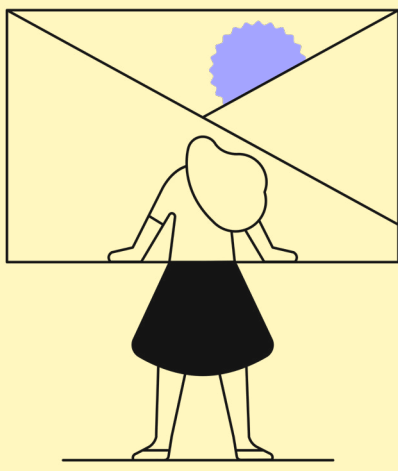
#### LifeWorks Pick of the Month



#### Overcoming Anxiety (Podcast)

Join Jerrold Rosenbaum, MD one of the world's foremost authorities on mood and anxiety disorders and learn to understand and manage feelings of anxiety and where to find support and help.

[Read More](#)



#### More to explore this month

- Don't forget to bookmark the 2023 [LifeWorks Wellbeing Calendar](#) for easy access to our monthly themes and content to prioritise your wellbeing.
- Explore the [Support & Resources](#) section of LifeWorks.com and discover helpful content like articles, videos, podcasts, and tool-kits to help support your mental, physical, social and financial wellbeing.

LifeWorks supports your total wellbeing. We're here 24/7 for confidential advice and support by app, web and phone.

Your organisation's programme 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.

