



Keeping a finger on the pulse of your total wellbeing.

Making the world a better place.

In the fast-paced, interconnected world we live in today, it's easy to get caught up in the negative news cycle. But what if we took a step back, slowed down, and focused on making our corner of the world a better place?



Supporting the LGBTQIA+ community: Tips for being an ally.

Even if you don't identify as someone within the LGBTQIA+* community, you can always support colleagues, loved ones, and the community by becoming an ally. Here's how to get started.

[Read more](#)



How to reduce your eco-anxiety.

Eco-anxiety is the stress caused by fears about climate change, plastic waste, animal extinction, and related issues, producing feelings of helplessness and guilt. Learn practical tips that can help reduce the impact of this stress.

[Read more](#)



Coping in times of political uncertainty.

Learn to better understand when something is just a passing fear and when a bout of a child's anxiety signals a need for more serious attention.

[Read more](#)



Quick tips for dealing with worry.

All of us worry from time to time. Worry may serve a function when it helps us plan, but it's often unproductive. Learn to recognise the signs of excessive uneasiness and take steps to manage them.

[Read more](#)



More to explore this month.

- Explore the [Wellbeing](#) section of the app and feel supported while discovering your current state of health through one of our assessments, challenges, or programmes.

We support 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 services and features. To learn more, please log in with your account and review your workplace benefits. Or speak to your Human Resources contact.