

# Keeping a finger on the pulse of your total wellbeing.



## Anxiety: When it's more than ordinary worry.

May 1st - 7th is Mental Health Week in Canada. In this month's newsletter, we are putting a spotlight on anxiety — one of the most common mental health concerns among Canadians. From environmental stressors to job and financial concerns, everyone experiences fear and worry at times. But when the anxiety is persistent or extreme, it's time to address it.

Discover helpful content below and be sure to visit our new microsite — **Calming financial anxiety for your mental wellness**. Access the microsite [here](#) today.



### Understanding and managing anxiety disorders.

Anxiety is a term used to describe feelings of worry and fear, typically incorporating both emotional and physical sensations. The key to coping with these conditions is to realize that they usually do not go away on their own.

[Read more](#)



### Dealing with persistent worry.

Persistent worry can interfere with your ability to do your job or to enjoy life fully. Whatever kind of worry you may have, there are effective ways to help you regain your peace of mind.

[Read more](#)

## Exclusive for Registered Users.



### Identifying and managing anxiety in children.

[Log in to access](#)

## Top Pick of the Month.



### Protect your mental health in uncertain times.

[Log in to access](#)

## Big brands, huge savings with Perks.

Enjoy exclusive offers on brands that support your wellbeing, like Breethe, Brightmind, Calm and many more.



[Access offers](#)

Your organization's program may not include Perks. If unable to access, review your workplace benefits or speak to your Human Resources contact.



## More to explore this month.

- Join us on May 3rd @ 1 pm EST for a virtual, interactive fireside chat on **Preventing Burnout: Promoting mental wellbeing at work**, presented by Workplace Learning and featuring our distinguished speaker Melissa Doman, MA - Organizational Psychologist. [Register now](#).
- Visit [Assessments](#) on the platform and gain a better understanding of your current state of health and financial wellbeing. Learn about positive changes you can make with personalized recommendations and resources.
- Explore the [Support & Resources](#) section of the app for helpful content like articles, videos, podcasts, and toolkits to help support your mental, physical, social and financial wellbeing.

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