

Keeping a finger on the pulse of your total wellbeing.



Anxiety: When it's more than ordinary worry.

For many regions, May is a time to recognise the importance of mental health. In this month's newsletter, we are putting a spotlight on anxiety. 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 realise 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](#)



Identifying and managing anxiety in children.

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](#)



Protect your mental health in uncertain times.

During times of crisis, it's normal to be anxious, scared, and confused. Read on for some ideas to cope when news is unsettling.

[Read more](#)



More to explore this month.

- 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 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.