



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

Last year, LifeWorks was welcomed into the TELUS family and is now being rebranded as TELUS Health. You will continue to have access to the same support and platforms but will notice the TELUS Health branding on the website, app, communications and during events. Click [here](#) to learn more about the transformational journey.

### Happiness on the daily.

Learning to be happy every day is a choice. If you have the intention, you can create happiness in your life by building daily habits. Why not make positivity a part of your routine? You have nothing to lose but your gloom.



### How to be happy.

Have you noticed how some people just seem to be happier than others, even though they have many of the same problems and challenges? Although the meaning of happiness varies for people and different cultures, all human beings can be happy.

[Read more](#)



### How to develop an optimistic outlook.

Optimistic people tend to believe that good things happen more often than bad things. They may face many challenges, but their positive thoughts help them cope when they have setbacks.

[Read more](#)

### Exclusive for registered users.



### You do not have to win the lottery to enjoy life.

Enjoying life isn't dependent on luck. It involves making changes in your lifestyle, especially concerning your mindset and behaviour.

[Read more](#)

### Top pick of the month.



### SMART goals and exercise.

Having clear, short-term goals is like having a road map, and that can be an important part of success when developing an exercise routine. The SMART-goal model can help you think through and evaluate your plans.

[Read more](#)



### More to explore this month.

- Explore the [Wellbeing](#) section of the site and feel supported in your journey to understanding 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.