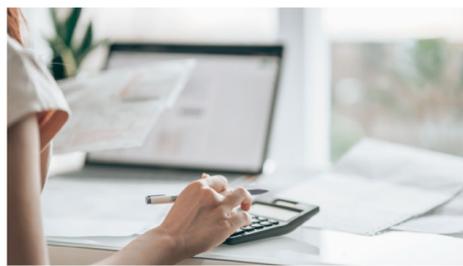


## Keeping a finger on the pulse of your total wellbeing with resources from LifeWorks



### 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

### LifeWorks Pick of the Month



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

[Access on LifeWorks](#)



#### Overcoming Anxiety (Podcast)

[Access on LifeWorks](#)

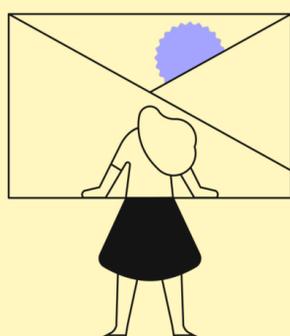
### Big brands, huge savings with LifeWorks Perks

Enjoy exclusive offers on brands that support your wellbeing like Bensons for Beds, Fitbit, Groupon and many more. Available on the LifeWorks app.



[Access offers on LifeWorks](#)

Your organisation's programme may not include LifeWorks Perks. If you are unable to access these, review your workplace benefits or speak to your Human Resources contact.



### 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 [LifeWorks Assessments](#) to better understand your current state of health and wellness. Learn about positive changes you can make with personalised recommendations and resources. Get started today!

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.

