



## Renew and reset for the new year

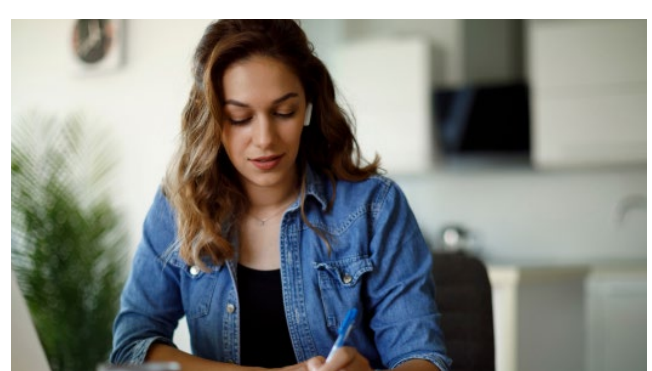
The new year is a great opportunity to check in and review your health, habits and lifestyle. Set some time aside to plan your goals for 2024.



### Five ways to simplify your life

Maintaining a sense of balance and calm in life can be challenging. Learn tips to help slow down, relax and achieve a greater sense of happiness and peace.

[Read more](#)



### Setting SMART goals

Whether you hope to pay off your debts, get fit, make a career move or make other life changes, having clear goals and a plan will help you succeed.

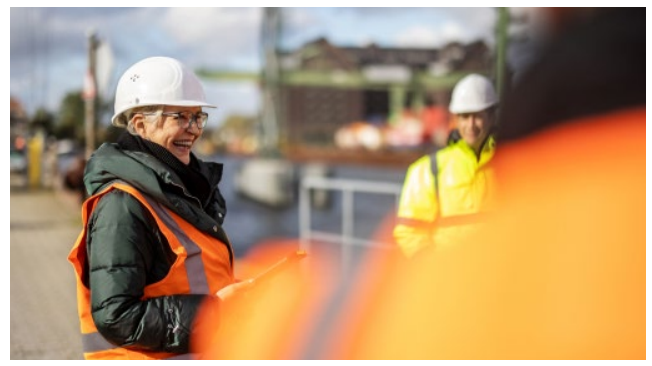
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### Mindset for lifestyle changes: Find the right mindset (video).

Hoping to make changes to your habits and lifestyle? Learn simple mindset tools that can help support you on your journey and increase your chances of success.

[Watch now](#)



### Workplace health and safety: Lower the risks in any environment.

Workplace safety is everyone's responsibility. Explore tips to help you do your part to prevent work-related injuries and illness at work.

[Read more](#)



### More to explore this month.

- Discover the [Assessments](#) section of TELUS Health One to help gain a better understanding of your current state of health and wellness. Learn about positive changes you can make with personalized recommendations and resources.
- Remember to bookmark the 2024 [TELUS Health Wellbeing Calendar](#). Check back throughout the year to stay up to date on our monthly themes and helpful resources.

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 mentioned above. To learn more, please log in with your TELUS Health One account and review your workplace benefits or speak to your Human Resources contact.