



Keeping a finger on the pulse of your total wellbeing.

Making the world a better place.

In the fast-paced, interconnected world we live in today, it's easy to get caught up in the negative news cycle. But what if we took a step back, slowed down, and focused on making our corner of the world a better place?



Supporting the LGBTQIA+ community: Tips for being an ally.

Even if you don't identify as someone within the LGBTQIA+* community, you can always support colleagues, loved ones, and the community by becoming an ally. Here's how to get started.

[Read more](#)



How to reduce your eco-anxiety.

Eco-anxiety is the stress caused by fears about climate change, plastic waste, animal extinction, and related issues, producing feelings of helplessness and guilt. Learn practical tips that can help reduce the impact of this stress.

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Exclusive for registered users.



Coping in times of political uncertainty.

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Top pick of the month.



Quick tips for dealing with worry.

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More to explore this month.

- Explore the [Wellbeing](#) section of the app and feel supported while discovering your current state of health through one of our assessments, challenges, or programmes.
- Check out our [Wellbeing and Personal Development Videos](#) packed with information and advice to lead you towards a healthier mind, body and lifestyle.

We support your total wellbeing. We're here 24/7 for confidential advice and support by app, web, and phone.

Your organisation'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.