

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



### Supporting others through life's challenges

Whether a significant loss, a mental health concern or a physical health issue, it's natural to want to help and support those around you. Discover ways to be supportive of others, while respecting your limits.



#### Supporting a loved one with a chronic condition

Studies reveal that people who have chronic conditions adjust better when they have a network of people behind them. It is possible to help your family member and meet your needs too.

[Read more](#)



#### What to say when a friend or loved one loses a pregnancy

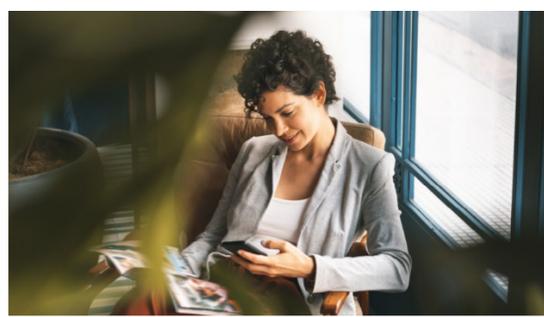
It can be difficult for friends and relatives to know how best to be sensitive to a loss and be supportive. Here are some suggestions on how to show support.

[Read more](#)



#### When someone you love is diagnosed with a terminal illness

[Read more](#)



#### The value of online communities for mental health support

[Read more](#)



### More to explore this month

- Explore [Support & Resources](#) and discover 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.