LifeSpeak



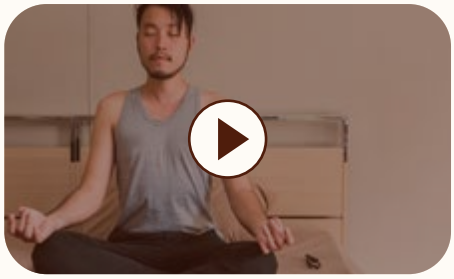
Care Starts With You.

Focus on taking care of yourself.

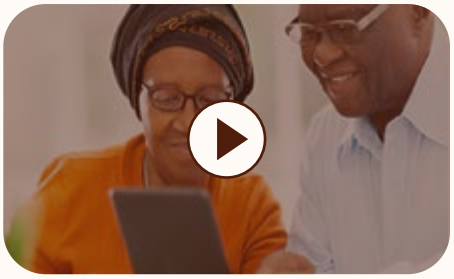
When you take care of yourself, you're better able to support others. Rest, boundaries, emotional balance, and support for caregiving are all connected.

Through LifeSpeak, you can access expert-led content with practical tools to support your wellbeing, whether you are caring for yourself, someone else, or both.

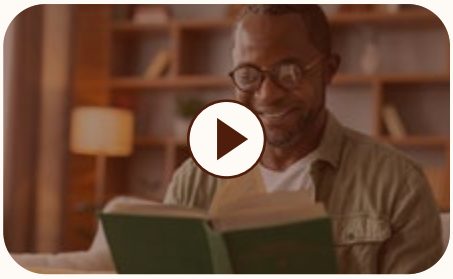
Get started with featured content:



Relaxing before bed with progressive muscle relaxation



Setting and achieving goals around healthy aging



Embracing self-care as a caregiver

Give yourself the same care you give others.

Log in to your LifeSpeak account to explore available content and resources.

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