



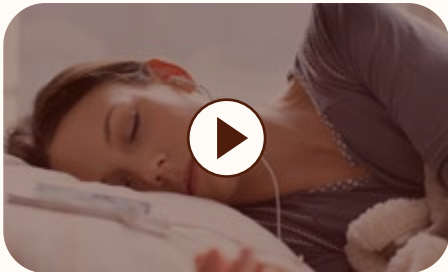
# Rest Well. Show Up Strong.

## Focus on rest, resilience, and emotional balance.

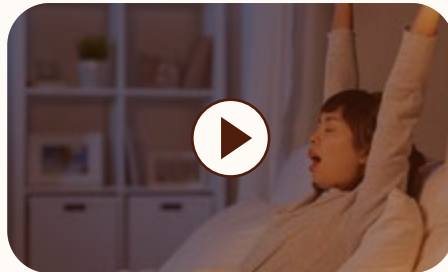
These are not luxuries. They help you keep going. When you take care of your body and mind, it can be easier to show up. For your work. For the people you care about. For yourself.

Through LifeSpeak, you can access expert-led content to support your sleep, manage stress, and build emotional resilience.

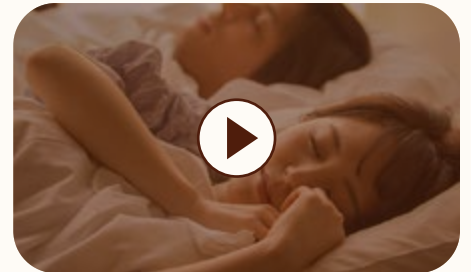
## Get started with featured content:



Using white noise to achieve better sleep



Ideas about the “perfect” bedtime routine



6 Steps to a Better Night's Sleep

## Start with one small step.

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



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