Employee and Retiree Service Center
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LifeSpeak: Less Rush. More Rest.

The holidays can bring both joy and stress. They can also disrupt your routine and add pressure. Rest, mindful habits, and emotional balance can help you stay well, focus on what matters most, and make space for the people, activities, and moments that are important to you.

Through LifeSpeak, you have access to expert-led content and tools to support your well-being, including stress management, mindful habits, emotional care, and substance-use awareness.

See this flyer to explore the following resources:

- Breaking the stress-sleepless cycle
- Introducing mindfulness to your family (with guided practice)
- Take Care of Yourself over the Holidays

When you take care of your well-being, it can be easier to manage stress and changes in your routine.

Ready to get started? Access LifeSpeak through its mobile app or your browser by logging in with your work email. The flyer includes the details.