

Rest Well. Show Up Strong With LifeSpeak

This fall, 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, your relationships, and yourself.

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

[Access LifeSpeak](#) through the mobile app or your browser using your [Outlook email](#) username and password.

Once logged in to LifeSpeak, be sure to explore these featured resources:

- [The link between sleep and health](#)
- [Ideas about the "perfect" bedtime routine](#)
- [6 Steps to a Better Night's Sleep](#)

Start with one small step.

Ready to get started?