

Helping You Through COVID-19

1st May 2020

Available Resources

Access Covid-19 resources at workhealthlife.com or login.lifeworks.com

Well-being Wednesdays. Check out Well-being Wednesdays on Facebook live at 4:00 pm BST at Facebook.com/LifeWorksSynerVie.

Helping to Keep Your Mental Health in Check

We're launching a new microsite, "A stable mindset in an unstable world". It explores how to stay informed and support the ones you love while preserving your mental health. Visit it on May 4th at login.lifeworks.com.

[Workplace Learning Solutions](#) can help you focus on your mental health. Click [here](#) to learn more and access helpful resources.

Free leadership webinar

Join the [Heartbeat Webinar Series](#) for this month's topic – [The Role of Leadership Through COVID-19](#), Wednesday, May 20, 7:00 pm BST. Also available to view anytime beginning on May 22nd.

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