



Your Employee Assistance Program is a support service that can help you take the first step toward change.

## Mental Well-being



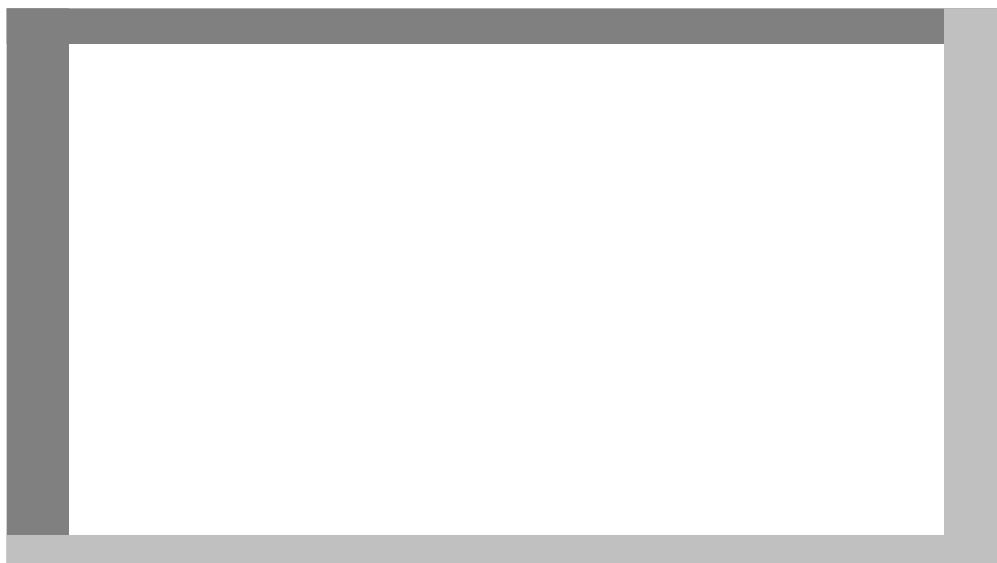
The graphic features the LifeWorks logo (a blue heart icon) and the text "LifeWorks by Morneau Shepell". Below this, the title "Facebook Live Well-being Sessions" is displayed in blue. Four circular icons represent different well-being categories: "Mental" (a person meditating on a cloud), "Physical" (a person on an exercise bike), "Social" (two people talking), and "Financial" (a person looking at a stack of money). A blue bar at the bottom indicates the date: "Date: Wednesday at 11:00 am EST".

To help you take care of your mental, physical, social and financial well-being during this difficult time, we're launching weekly Well-being Wednesday Facebook Live sessions. Each week, we'll focus on a different type of well-being - mental, physical, social and financial – with sessions led by experts in their field. Covering topics like resiliency, coping, social technology, saving and spending tips and home workouts, you won't want to miss a week. [Follow the LifeWorks Facebook page to get notified when we go live!](#)

### Mental Well-being Wednesday #4

Aired live on June 24th, 2020 at 11am EST.

Recorded version available below

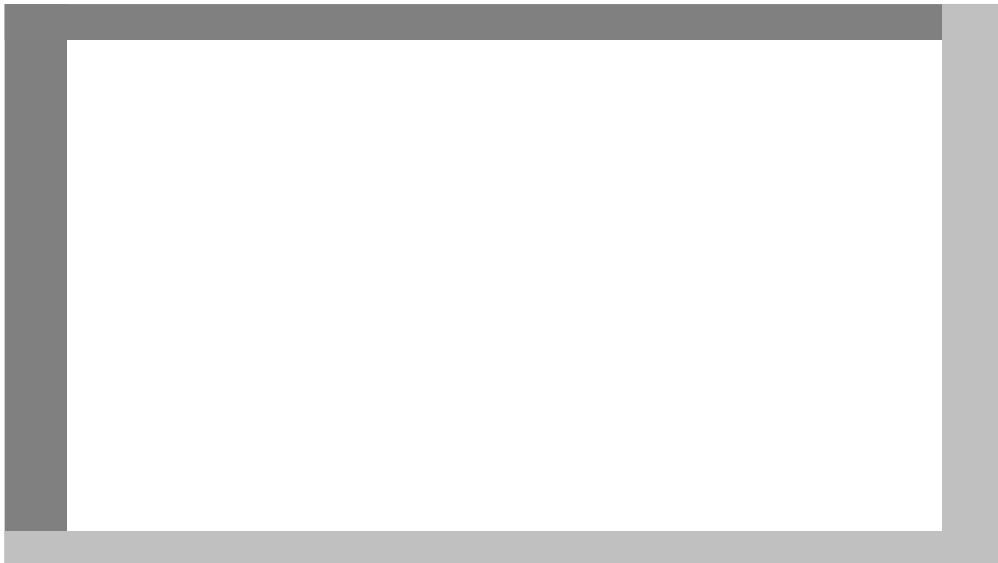


### Mental Well-being Wednesday #3

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Aired live on June 3rd, 2020 at 11am EST.

Recorded version available below



### **Mental Well-being Wednesday #2**

Aired live on May 6<sup>th</sup>, 2020 at 11am EST.

Recorded version available below



### **Mental Well-being Wednesday #1 – Here & Now: A coping strategy**

Aired live on April 8<sup>th</sup>, 2020 at 11am EST.

Recorded version available below

