

## Keeping a finger on the pulse of your total wellbeing with resources from LifeWorks



The Russia-Ukraine crisis might bring on difficult emotions and fears. Remember that your EAP is available 24/7 to support you and your family during this distressing situation. Please reach out anytime.

### Supporting Families... of all sorts and sizes

Whether it's with a partner, children, in-laws or, pets—families come in all shapes and sizes. Your assistance program is here to help you face family challenges, together!



#### How to Work Remotely with Children (Video)

Working virtually with children can be challenging, watch our short video for some practical tips to help you strike a balance.

[Watch now](#)



#### Keeping Your Relationship Strong When You're in a Stepfamily

Managing the complexities of stepfamily life takes effort and some getting used to. Commit to solving your problems together.

[Read more](#)

### Exclusive for LifeWorks members



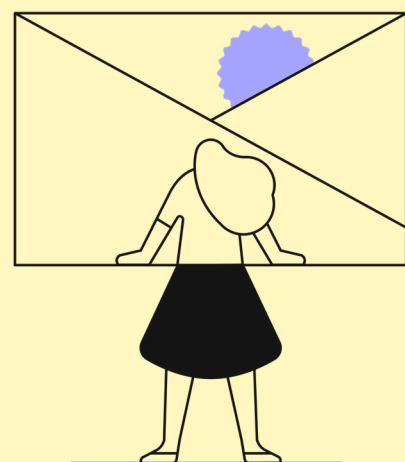
#### Improving Family Communication

[Access on LifeWorks](#)



#### Maintaining Bonds with Adult Children

[Access on LifeWorks](#)



### More to explore this month

- Get ready for Mental Health Awareness Month this May. LifeWorks Learning presents No One Left Behind – Exploring the looming mental health crisis by bridging the care and inclusion gap. Please join us for a thought-provoking event which will include a brief keynote address followed by a panel discussion. [Register now](#) for Thursday May 5, 11 am ET.
- Coming soon to LifeWorks, join us as we connect with real people sharing their stories of resilience, interview experts, and delve into topics that matter most — like Finding Self-Worth, LGBTQ+ Wellbeing, and Allyship and Combatting Depression. [Click here](#) for a sneak peek.
- Explore [LifeWorks Wellbeing](#) and feel supported in your journey to understanding your current state of health through one of our assessments, challenges, or programs.

### Big brands, huge savings with LifeWorks Perks

Get your taxes done with ease and take advantage of exclusive offers on brands like H&R Block, TaxSlayer, TurboTax and many more. Available on the LifeWorks app.



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[Access offers on LifeWorks](#)

Your organization's program may not include LifeWorks Perks. If unable to access, review your workplace benefits or speak to your Human Resources contact.

**LifeWorks supports your total wellbeing. We're here 24/7 for confidential advice and support by app, web and phone.**

Your organization's program may not include all of LifeWorks' services and features. To learn more, please log in with your LifeWorks account, review your workplace benefits, or speak to your Human Resources contact.

 **LifeWorks**

