

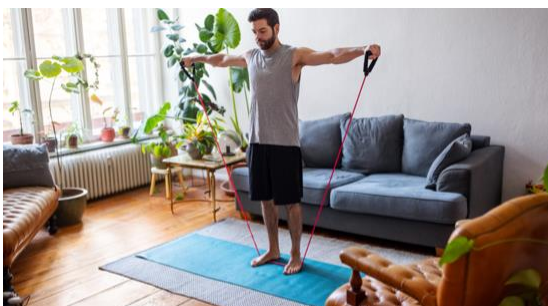
Keeping a finger on the pulse of your total wellbeing with resources from LifeWorks



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.

Sleep Saboteurs

Getting too little sleep, even for a night or two, can leave you feeling exhausted, forgetful, and irritable. Making a few small and simple changes this month could make a big difference in helping you get the rest you need.



Connecting Physical and Mental Health with Mindfulness **(Video)**

LifeWorks supports your total wellbeing. We're here 24/7 for confidential advice and support by app, web, and phone. For more information on our EAP Program go to <https://benefits.cf.edu/EAP.html>.



The benefits of mindfulness go beyond improved mental health. Mindfulness may lower stress levels, improve sleep, and more.

Watch Now



Getting a Good Night's Sleep

Sleep is vital to function at your best. If you have trouble sleeping or want to make sure you're getting enough, our sleep hygiene tips can help.

Read More

Exclusive for LifeWorks Members



Aging and Sleep

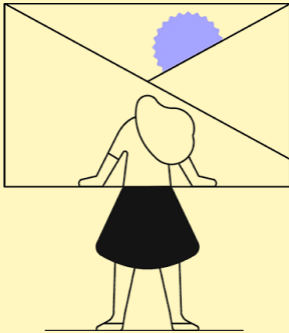
Access on LifeWorks



Self-Care Is a Dream: Make it come true with better sleep

Access on LifeWorks

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More to explore this month

- 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.
- Join the [Heartbeat Webinar Series](#) for March's topic — [Mental Health and the Pandemic: A two-year review](#), Thursday, Mar 31, 1:00 pm ET.
- Explore [LifeWorks Assessments](#) to better understand your current state of health and financial wellbeing. Learn about positive changes you can make with personalized recommendations and resources. Get started today!
- **LifeWorks Learning** offers custom learning and development, providing people with the knowledge and skills they need to succeed. Learn more and view our course offerings [here](#).
- The **LifeWorks app on Microsoft Teams** makes it even easier to access support and resources for mental health and wellbeing. Visit our [site](#) to learn more.

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