



inConfidence

## April feature – Health & Well-Being

Feeling good doesn't just depend on taking care of yourself physically -- eating well, getting enough sleep, and exercising regularly. It also rests on taking care of your emotional well-being, from learning how to cope with stress to connecting with family and friends and creating a fulfilling life outside of work.

Looking for ways to take better charge of your physical and emotional health? **inConfidence** can help you take care of you. Contact us any time, 24/7, to speak with a consultant who can offer support and strategies for goal-setting, managing stress, dealing with health challenges, boosting motivation, and more.

You can also log in any time to [www.myinconfidence.ca](http://www.myinconfidence.ca) to access helpful resources:

- Listen to our new podcast, **Losing Weight Together!** A health expert talks about how and why losing weight with a buddy is often more successful than going it alone.
- Read articles, such as: [Five Ways to Give It Your Best at Work and at Home](#), [Taking Care of Yourself, Spending Time Outdoors to Clear Your Head](#), and [Getting Past Obstacles to Personal Change](#).
- Check out our **NEW** [Mindfulness Toolkit](#) for guided relaxation exercises to reduce stress.

Remember: As the saying goes, “you can't pour from an empty cup,” so be sure to fill your cup often. Make your own well-being a priority by committing to a healthy lifestyle, and recharging with activities that energize you.

**Call inConfidence toll-free, any time: 1-877-418-2181**

**TTY: 1-877-371-9978**

**You can also visit [www.myinconfidence.ca](http://www.myinconfidence.ca)  
(username: NLMA; password: inconfidence).**

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