



inConfidence

April feature – Health and Well-Being

Whether your goal is to quit smoking, lose weight, improve your sleep, eat a healthier diet, or adopt exercises like mindfulness to reduce stress, **inConfidence** has resources to help you develop healthy habits.

- Listen to our new podcast, [Five Ways to Boost Your Mental Energy](#), featuring Emma Seppala, PhD, a leading expert on the science of health, happiness, and success, and author of *The Happiness Track*. She shares research-based tips on how to manage your energy and improve your well-being.
- Check out our new [Weight Loss Toolkit](#). You'll find resources designed to help you achieve and maintain a healthy weight—including calculators, apps, recipes, tips, and more.
- Find out what you can do to improve your sleep habits in our [Sleep Well Toolkit](#).
- Make your health and well-being a daily priority. To get started, read articles like: [Five Reasons to Quit Smoking in Your 20s](#), [How to Be Active Without Joining a Gym](#), [Taking Care of Yourself](#), [Tips on Leading a Longer and Healthier Life](#), and [Walking for Exercise](#).

Could you use support with managing stress or adopting healthier habits? Contact **inConfidence** any time to connect with one of our expert consultants for resources, guidance, and support. We can help you take care of yourself and your loved ones.

Call inConfidence any time, 24/7: 1-877-418-2181

TTY: 1-877-371-9978

You can also visit www.myinconfidence.ca
(username: NLMA; password: inconfidence).

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