

Wellbeing Library



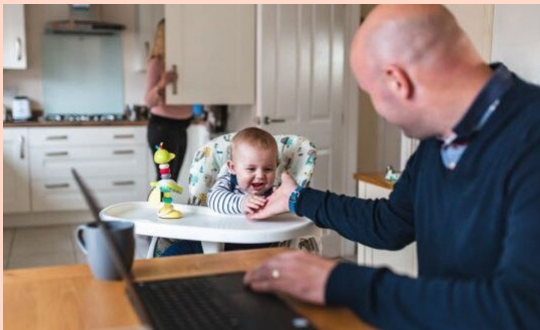
Our online collection of useful
content, hints and tips

We're pleased to share the latest additions to our Wellbeing Library - carefully curated to help you support your clients' caring responsibilities and mental health with practical, expert-led guidance.

Caring

This quarter, we're shining a light on the often-overlooked challenges faced by **carers**. Whether your clients are caring for a loved one, supporting a carer, or juggling multiple responsibilities, our new articles offer insights for everyone. From creating a **culture of care in the workplace** to **explaining caring to children**.

Please share the content with your clients and encourage them to explore the topics that matter most to them.



5 top tips for care, work and wellbeing: Finding the balance

[Practical tips to create good habits](#)



The hidden job you didn't apply for: Colleague and Carer

[Help with strategies and finding support](#)



Caring for the carer: How to support someone who's supporting a loved one

[Thoughtful ways to support someone who's caring](#)



Supporting employees with caring responsibilities: Creating a culture of care

[Help to build an inclusive, caring workplace](#)

Mental wellbeing

We've also added fresh content on [mental wellbeing](#), including tips on [building resilience](#), [tackling burnout](#) and [understanding anxiety](#). These resources are here to help your clients feel supported, seen and better equipped to manage life's pressures - inside and outside of work.



Managing Stress: What is resilience?

[Simple lifestyle changes to help manage your stress levels](#)



How to stop worrying when anxiety takes over

[Help to regain control and find peace of mind](#)



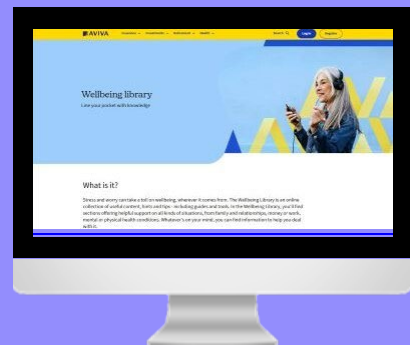
Battling burnout

[Learn about symptoms and solutions](#)

Take a look at our Wellbeing Library

You'll find sections offering helpful support on all kinds of situations. Whatever's on your mind, you can find information to help you deal with it.

[Visit the Wellbeing Library](#)



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