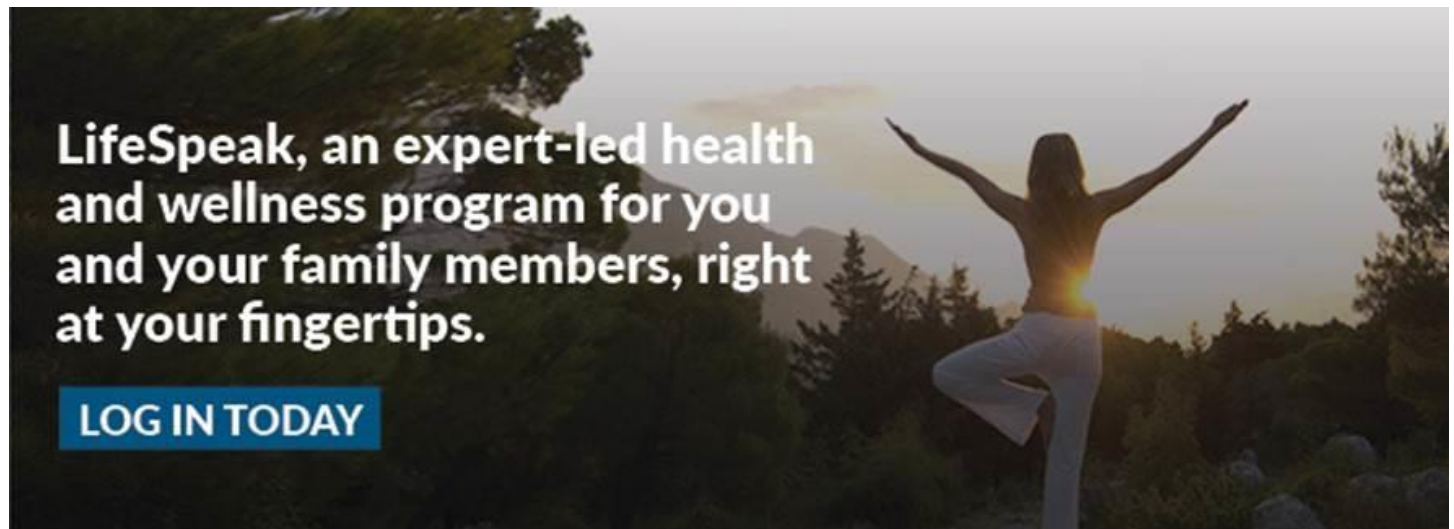


May 21, 2020

HBT and LifeSpeak Partner In Providing Expert-Led Wellness Support During Mental Health Month



May is Mental Health Month, and a large component of mental health involves self-esteem.

LifeSpeak's theme of self-love is evident in this month's *Love Who You Are* campaign. It's important to explore the topics of self-love so we can all become better allies to ourselves and others. We feel that it is extremely important to give participants information that focuses on self-compassion by exploring body positivity, gender identity, the LGBTQ+ experience, and loneliness prevention.

Check out all the video content within this four part series at [Engage](#).

Check out some videos and blog articles from a few of our subject matter experts:

- Russell Kolts, Ph.D. and Author - [Can mindfulness be applied to the workplace?](#)
- Dr. Joshua Coleman, Psychologist and Author - [What is your favorite conflict management technique?](#)
- Nicole Loreto, Health Psychologist - [After COVID Isolation: A Roadmap to Navigating the New Normal](#)
- Dr. Nasreen Khatri, PhD, Registered Clinical Psychologist, Gerontologist, and Neuroscientist - [Being Alone Together: The Social Pandemic of Loneliness during COVID-19](#)
- Isabelle Huot, PhD in Nutrition - [Healthy Foods to Have on Hand during the Pandemic](#)
- Jenny Tryansky, Certified Professional Development and Co-Active Coach - [Managing Difficult Emotions in Times of Stress](#)

Add a calendar date to participate in the [Ask the Expert](#) session on June 17th at 9 am PST on *Finding Balance while Parenting* with Sharon Shelby Registered Clinical Counsellor, Certified Parent Facilitator.

Want to receive weekly communications from LifeSpeak? [Sign up on their mailing list](#) so you always know what's going on.

You can also log onto the platform at:

<https://hbt.lifespeak.com>

Password: lifespeak

LifeSpeak is a digital wellness platform that provides a meaningful wellness offering. HR business leaders wanting more information regarding this resource, please reach out to KatieBowkett@lifespeak.com.

Please forward to all employees and post on your company intranets to give everyone access to this resource.