Employee and Retiree Service Center
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LifeSpeak: Self-Care Is Caring

Taking care of yourself helps you better support others. Rest, setting boundaries, maintaining emotional balance, and finding support as a caregiver are all important parts of overall well-being.

Through LifeSpeak, you can access expert-led content and practical tools to support your well-being, whether you're caring for yourself, someone else, or both.

Explore these featured resources:

- Relaxing before bed with progressive muscle relaxation
- Setting and achieving goals for healthy aging
- Embracing self-care as a caregiver

Give yourself the same care and compassion you give to others.

Ready to get started? Access LifeSpeak through the mobile app or your browser, and log in using your work email. See detailed login instructions and learn more.