

Work-Life Harmony

Finding balance between your professional and personal life is not a luxury — it's a foundation for lasting wellbeing. This month, we're sharing tools, tips, and resources to help you thrive at work and at home.

A message from your TELUS Health team: October is a meaningful month — from celebrating global diversity to raising awareness for mental health and breast cancer. We encourage you to explore the resources below, join an orientation session, and remember: your EAP is available **24/7** for confidential support. You are not alone.

FEATURED RESOURCES



VIDEO

• [Practical Productivity](#)

Discover strategies to get more done while protecting your personal time and energy. Available on your TELUS Health platform.

ARTICLES

- [Handling the Physical, Mental, and Emotional Challenges of Your Shift or Night Work Schedule](#)
- [Achieving Your Unique Work-Life Balance: Tips for Fathers](#)
- [Achieving Your Unique Work-Life Balance: Tips for Mothers](#)
- [Quick Tips for Balancing Family, Work, and You](#)

AUDIO

• [Ways to Promote Work-Life Balance](#)

An audio guide with actionable strategies to create healthier boundaries and foster harmony between your work and personal life.

 Access all resources by logging in at one.telushealth.com or via the TELUS Health mobile app (iOS & Android).

NOTABLE DAYS & OBSERVANCES



ALL OF OCTOBER Global Diversity Month

A time to celebrate the richness of our differences — culture, background, identity, and perspective. Inclusive workplaces are healthier, more innovative, and more resilient.

Small actions make a big difference: listen actively to colleagues with different perspectives, use inclusive language, acknowledge cultural observances, and speak up when you see exclusionary behavior. Inclusion is everyone's responsibility.

 Toolkit: [Diversity and Inclusion at Work Toolkit](#)

 EAP Library: [Equity, Diversity & Inclusion Articles](#)

 [5 Tips for Effective Communication in a Culturally Diverse Workplace](#)

ALL OF OCTOBER Breast Cancer Awareness Month

Early detection saves lives. This month, we encourage all employees to prioritize preventive health screenings and support those navigating a cancer journey.

 Article: [Understanding Breast Cancer and Breast Cancer Treatment Options](#)

 Article: [Supporting a Friend or Relative Who Has Cancer](#)

 EAP: [How to Talk to Your Doctor](#)

Your Employee Assistance Program (EAP) Is Here for You

Whether you're navigating stress, relationship challenges, or simply want to talk to someone — confidential counseling, work/life services, and 24/7 crisis support are available to you and your family through TELUS Health One.

[Log in to TELUS Health One to get started](#)



OCTOBER 5-11 Mental Illness Awareness Week

Breaking stigma starts with conversation. This week, we encourage open dialogue about mental health and remind you that confidential support is always available through your EAP.

EAP: 24/7 Counselling by Phone

Short-Term Counselling – In Person, Video & Phone

EAP Library: Mental Health Resources & Articles



OCTOBER 10 World Mental Health Day

A global moment to reflect, reconnect, and recommit to mental wellbeing — for ourselves and for each other. You matter. Your mental health matters.

World Mental Health Day – Featured Content on Platform

Self-Assessments & Self-Care Tools

24/7 Crisis Support – Always Available

THINGS TO TRY FOR WORK-LIFE HARMONY



Set a "Shutdown" Ritual

Choose a consistent time to end your workday. Close your laptop, write tomorrow's top three priorities, and step away. A clear boundary signals to your brain that work is done.



Create Tech-Free Zones

Designate spaces or times — like the dinner table or the first 30 minutes after waking — as phone-free. Small disconnections help you recharge and be more present with the people you care about.



Take a Midday Movement Break

Even a 10-minute walk during lunch can reduce stress, boost focus, and improve mood. Movement is one of the most accessible tools for mental wellbeing — and it counts.



Say "No" with Confidence

Protecting your time is not selfish — it's sustainable. Practice politely declining requests that fall outside your capacity. Saying no to one thing means saying yes to your wellbeing.



Try a Weekly Check-In with Yourself

Spend five minutes each Friday reflecting: What went well? What drained me? What do I need more of next week? Self-awareness is the first step to meaningful change.



Reach Out for Support

Your EAP is here for you — for work stress, family challenges, financial concerns, and more. Confidential, free, and available 24/7. Asking for help is a sign of strength, not weakness.

MONTHLY ORIENTATION SESSIONS



Join a live orientation to learn how to make the most of your TELUS Health EAP benefits. Sessions are free, confidential, and open to all employees and their families.



GLOBAL ORIENTATION

Thu
Oct 15

Global Employee Orientation

1:00 PM BST (8:00 AM EST) · Virtual Session

Designed for employees across all global regions. Learn about your EAP services, how to access support, and what resources are available to you and your family.



EMPLOYEE ORIENTATIONS

Mon
Oct 5

Employee Orientation – Session 1

1:00 PM EST · Virtual Session

Wed
Oct 7

Employee Orientation – Session 2

1:00 PM EST · Virtual Session

Contact your HR team or EAP administrator for registration details and the session link.

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