

With the upcoming holiday season ...



This year more than ever, the holidays will be a source of stress and loneliness for many. Many of us are experiencing these feelings in an amplified way due to the pandemic. LifeSpeak is a wealth of information at your fingertips to help you move through these emotions, with expert-led video content, blog articles and a live wechat event.

Remember to share with your family members.



How Much Sleep Do I Need?



What is loneliness?



Keys to Success When Practicing Positive Psychology

OnPoint

- 🔗 [Can I be lonely even if I am always surrounded by people?](#)
- 🔗 [How can I deal with a difficult family member?](#)
- 🔗 [How does gratitude make people happier?](#)
- 🔗 [What are common symptoms of grief?](#)
- 🔗 [What are the benefits of practicing mindfulness?](#)
- 🔗 [How can mindfulness help with anxiety and stress?](#)

EXPERT BLOG

LifeSpeak's leading experts keep you up to date on the topics that matter to you.

- 🔗 [The Journey to Allyship: Where to Begin](#)
- 🔗 [Practicing Gratitude](#)
- 🔗 [How to Make Remote Working a Success: Q&A with Lisette Sutherland](#)
- 🔗 [Taking Control of Seasonal Blues](#)

THIS MONTH'S LIFESPEAK **ASK THE EXPERT** WEB CHAT



Who? Allison Villa, Registered Psychotherapist and Relationship Expert

What? Managing Relationships or Solitude During the Holidays

When? December 16th at Noon ET

Access from any computer or mobile device:

URL <https://sdbc.lifespeak.com>

CLIENT PASSWORD lifespeak

Download the LifeSpeak app for free:

CLIENT NAME sdbc

CLIENT PASSWORD lifespeak

