



## December 2025 EAP Newsletter

As the year winds down, December invites us to pause and reflect on what we're thankful for. Gratitude isn't just a feeling, it's a practice that strengthens relationships, boosts well-being, and brings meaning to our everyday lives. Gratitude doesn't wait for perfect circumstances. It finds light in ordinary moments and transforms them into something sacred.

### **Practicing gratitude: Cultivating thankfulness in everyday life**

Don't wait for a grand gesture; notice and be thankful for the simple things that bring you joy. Research shows that gratitude is linked with mental and physical wellbeing.

### **AWARENESS AND RECOGNITION DATES**

- Holiday season
- 1st: World AIDS Day
- 3rd: International Day of Persons with Disabilities
- 5th: International Volunteer Day

### **COMPLIMENTARY WEBINAR (Available on TELUS Health One):**

#### **Boosting your positive outlook :**

Consistently focusing on the negative side of an issue can greatly contribute to stress. When thinking this way, physical changes take place in the body's chemistry increasing stress levels and affecting performance and well-being. This seminar will help participants understand the ways in which this seemingly automatic negative thinking occurs, recognize its typical manifestations, and develop a process for tackling negative thoughts effectively.

Additional Assets for Positive Outlook:

#### **8 Quick Tips for Keeping a Positive Attitude - Library - TELUS Health**

To access, please use the login information provided by your employer.

Want to offer your employees more? We suggest these trainings: (Additional fees apply)

- [Seasonal Stress](#)

### **PUBLIC ORIENTATION SESSIONS**

We encourage employees to attend an EAP orientation session if they are not familiar with our services or need a refresher. These sessions provide an overview of the TELUS Health Employee Assistance Program, equipping both employees and managers with tools and resources to support mental well-being, resilience, and overall self-care. Upcoming orientations:

Find the full 2025 schedule attached within the PDF attached. Feel free to view our recorded [employee](#) and [manager](#) orientations.



US-Manager+Employee\_Orientation\_FL

COMING SOON: The TELUS Health 2026 “Employee” and “Manager” Orientation Schedule

#### **Short promotional orientation videos:**

- US Employees: [TELUS Health EAP - Employee Orientation video - ENG](#)
- US Managers: [TELUS Health EAP - Managers Orientation video - US - ENG](#)

#### **WHAT'S HAPPENING ON THE TELUS HEALTH ONE PLATFORM?**

Ready to take charge of your wellbeing? Dive into TELUS Health One's platform and mobile app to discover personalized tools, expert guidance, and practical resources designed to help you make positive changes.

#### **Check out some wellness resources for this month:** ☀

- [Managing Holiday Stress](#) (Article)
- [Your Guide to Holiday Peacekeeping](#) (Article)
- [Keeping It Simple Over the Holiday Season](#) (Article)

#### **WELLBEING CALENDAR** 🌙

TELUS Health's wellbeing calendar supports your wellbeing planning by offering a look ahead to a full year of themed content. Explore the 2025 Wellbeing Calendar today:

Calendar today: [US - English](#) | [US - Spanish](#) | [Canada - English](#) | [Canada - French](#)

#### **HEARTBEAT NEWSLETTER**

[Click here to register for our Heartbeat newsletter](#)

#### **TELUS HEALTH RESOURCE CENTER AND MENTAL HEALTH INDEX:**

[Resource Center](#)



#### **Don't Forget!**

Our TELUS Health EAP benefits are available to you and your household members - don't hesitate to reach out if you need assistance.