



April – Mindful movement

Integrating mindful movement into your routine means choosing physical activities that not only strengthen your body but also support your mental health and emotional wellbeing.

Meet Naomi...

“ I never thought I'd need help. I prided myself on meeting work targets but didn't realise the physical and emotional cost. The weeks blurred as I cut lunch breaks short, rushed meals, worked late, and stopped exercising. I told myself it was temporary, but months passed and pressure kept building. Eventually, I hit a wall - depleted energy, scattered focus, and struggling to perform. That's when I called the TELUS EAP helpline.



The moment I connected with someone, I felt heard and safe in a confidential space. They helped me understand that wellbeing isn't a luxury - it's essential. I learned practical strategies: protecting my lunch break, rebuilding movement into my day, recognising early warning signs of burnout, and setting healthy boundaries around work.”

What I've learned is that waiting until complete burnout is costly. Knowing support is just a phone call away gives me confidence to check in with myself before reaching that low point again.

Exclusive platform resources for registered users

- Understanding the Connection Between Positivity and Physical Health
- Quick Tips for Staying Healthy (infographic)
- Building Your Self-Care Action Plan
- Setting SMART Goals for Health

April featured awareness days include:

- 2nd: World Autism Awareness Day
- 7th: World Health Day
- 22nd: Earth Day
- 28th: World Day for Safety and Health at Work

Click on [Library](#) to access our homepage for help with life's everyday issues and concerns.

April TELUS Health One Content Updates

We've been renewing, refreshing and reviving our original EAP articles. Refreshed and new EAP articles available in our core regions and International English include:

- 5 Ways to Boost Your Mental Energy Infographic
- Coping With the Death of a Partner or Spouse
- Coping with Separation and Divorce While Living with Your Ex
- Recognizing and Dealing with Verbal Abuse
- When Someone Close to You Dies by Suicide
- Supporting a Co-worker Through Grief
- Coping with Feelings of Loss and Grief after Separation or Divorce
- Coping with the Loss of a Pet
- Recognising the Signs of Financial Abuse
- What is Burnout?
- How Stress Affects Thinking and Decision Making
- Coping with the Loss of a Parent in Adulthood
- Understanding Addictive Behaviour
- What To Do If You Think Someone You Manage is Experiencing Abuse
- Supporting a Friend or Relative Who Has Cancer

* Note: Library titles may differ slightly per regional due to adaptation.

CareNow

CareNow gives you the flexibility you need to choose your own path when it comes to care - from participating in exercises and taking assessments, to listening to podcasts and watching videos – all focused on positive behavioral change. We have selected a few assessments for you this month which support Mindful movement:

- [Eating for Health](#)
- [Sleep](#)

- [Avoiding Burnout](#)

EAP Orientations

We are pleased to let you know that we will be providing monthly orientations of the TELUS Health service in 2026! You can share the following links by region with your team members:

EMEA – Thursday 16th April 3pm BST [Click here to register for the event](#)

Global – Thursday 16th April 1pm BST [Click here to register for the event](#)

APAC – Thursday 23rd April 1:30pm AEST [Click here to register for the event](#)

2026 TELUS Health Wellbeing Calendars

We're excited to share our 2026 TELUS Health Wellbeing Calendars. These calendars are designed to support your employee's health and wellness journey throughout the year, featuring helpful tips, important awareness dates, and resources.

- Global – [2026 Global](#)
- APAC – [2026 APAC](#)
- Australia - [2026 AUS](#)
- New Zealand - [2026 NZ](#)
- Speak to your CSM for US and Canada calendars

