



inConfidence

## April feature – Health and Well-Being

Whether your goal is to quit smoking, lose weight, improve your sleep, eat a healthier diet, or adopt exercises like mindfulness to reduce stress, **inConfidence** has resources to help you develop healthy habits.

- Listen to our new podcast, [Five Ways to Boost Your Mental Energy](#), featuring Emma Seppala, PhD, a leading expert on the science of health, happiness, and success, and author of *The Happiness Track*. She shares research-based tips on how to manage your energy and improve your well-being.
- Check out our new [Weight Loss Toolkit](#). You'll find resources designed to help you achieve and maintain a healthy weight—including calculators, apps, recipes, tips, and more.
- Find out what you can do to improve your sleep habits in our [Sleep Well Toolkit](#).
- Make your health and well-being a daily priority. To get started, read articles like: [Five Reasons to Quit Smoking in Your 20s](#), [How to Be Active Without Joining a Gym](#), [Taking Care of Yourself](#), [Tips on Leading a Longer and Healthier Life](#), and [Walking for Exercise](#).

Could you use support with managing stress or adopting healthier habits? Contact **inConfidence** any time to connect with one of our expert consultants for resources, guidance, and support. We can help you take care of yourself and your loved ones.

**Call inConfidence any time, 24/7: 1-877-418-2181**

**TTY: 1-877-371-9978**

You can also visit [www.myinconfidence.ca](http://www.myinconfidence.ca)  
(username: NSSBA; password: inconfidence).

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